express

readexpress.com | @wapoexpress

Tuesday

DECEMBER 4, 2012 | A PUBLICATION OF The Washington Post | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**

ROYAL WEE ONE

U.K. is abuzz over news that William and Kate are expecting 7

CHILLS IN THE AIR

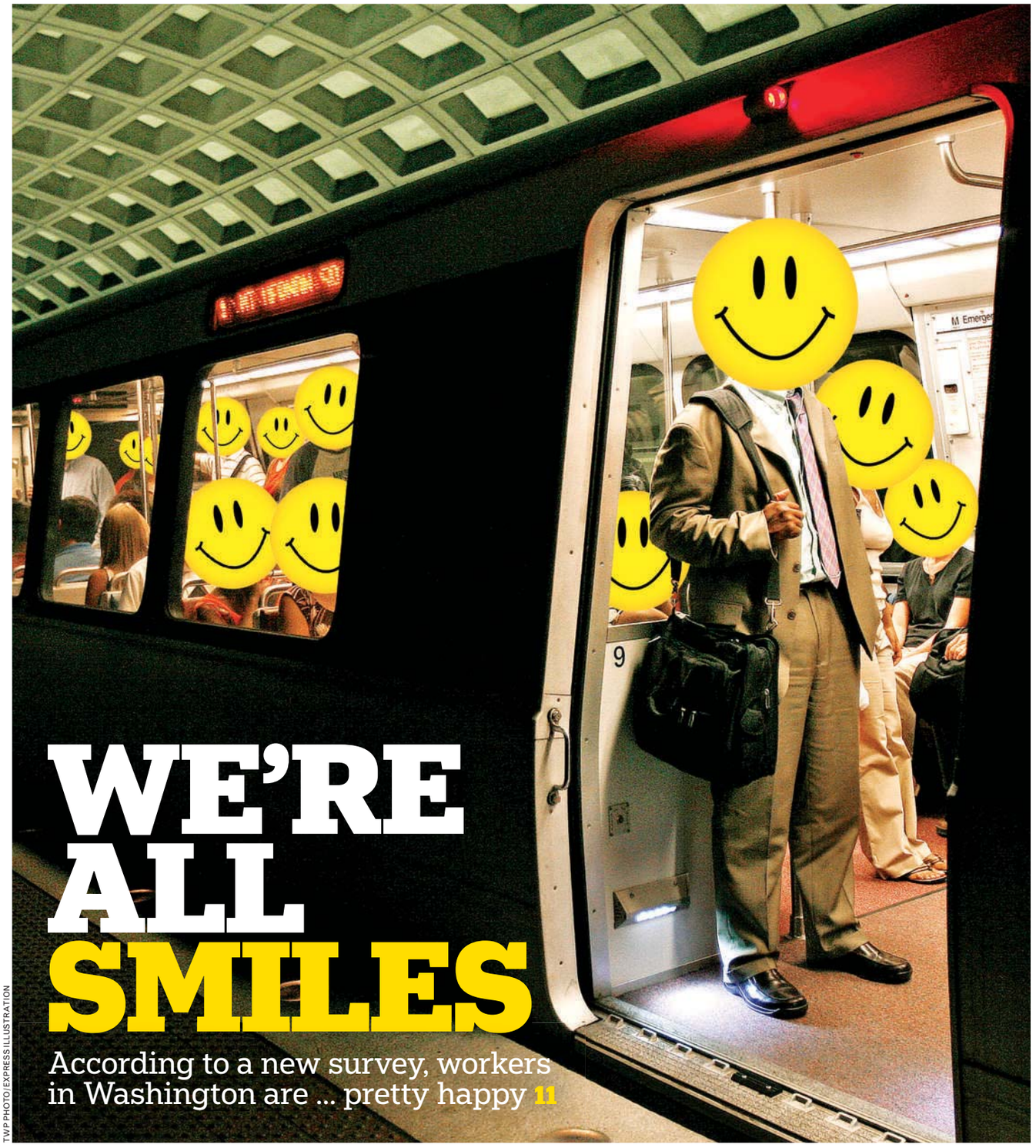
Flu season kicked off early and could be severe, CDC says 6

REPUBLICAN REBUTTAL

Boehner counters what he calls Obama's 'la-la land' fiscal plan 3

am 71 | 53 pm

FOR EXTENDED FORECAST, SEE PAGE 37



WE'RE ALL SMILES

According to a new survey, workers in Washington are ... pretty happy 11

TWP PHOTO/EXPRESS ILLUSTRATION

eo

eye openers

APOLOGIES

'We Regret Breaking From Cat Show Coverage for This'

Chicago TV station anchors reporting on breaking news of a plane crash soon found out it was a scene being filmed for a television show. The Chicago Tribune reported Friday that soon after Larry Potash and Robin Baumgarten realized the Channel 9 news helicopter was capturing a scene for "Chicago Fire." (EXPRESS)

STUDIES

"Wondering whether you smell bad makes a person insecure, and that could spill over into the person's love life."

— **THOMAS HUMMEL,** OF DRESDEN UNIVERSITY'S SMELL AND TASTE CLINIC, AFTER RESEARCHERS FOUND THAT A GOOD SENSE OF SMELL IS KEY TO SUCCESSFUL, LASTING RELATIONSHIPS, THE DAILY MAIL REPORTED MONDAY

TRENDS

Johnnie Walker Releases New Prescription-Strength Whisky

A New Zealand man who went blind when the vodka he drank reacted with his diabetes medication found his sight restored by Johnnie Walker. The U.K. website Orange News reported Sunday that Denis Duthie went to a hospital after "sleeping it off" didn't work and a doctor realized Duthie drank methanol and the effects could be reversed using the ethanol from whisky. (EXPRESS)

The Big Picture

ROBERT F. BUKATY/AP

HO, HO, SNOW! A man dressed as Santa skis Sunday down the slopes at the Sunday River Ski Resort in Newry, Maine. Nearly 300 skiers and snowboarders decked out in red and white gathered at the resort for the annual "Santa Sunday" event, which raises money for the Bethel Rotary Club's annual holiday toy drive.

Fleishers of Maryland Fine Jewelry
In Business Since 1949
Queens Chillum Shopping Center
3108 Queens Chapel Road
Hyattsville, MD 20782
301-699-5552
Monday - Friday 9:30 am to 6 pm
Saturday 9 am to 5 pm

GOING OUT OF BUSINESS Sale
ENTIRE INVENTORY MUST BE LIQUIDATED!
SAVE UP TO 80% OFF
PLUS WITH THIS AD
TAKE AN ADDITIONAL 10% OFF* THE ALREADY DRASTICALLY REDUCED SALE PRICE
ONE WEEK ONLY
ONE WEEK ONLY
OFFER EXPIRES 12-12-12
*Some items excluded!
EVERYTHING MUST GO!

GOP Issues $2.2 Trillion Fiscal Cliff Counteroffer

With no tax hikes for rich, plan panned by White House

Washington

House Republicans put forth a $2.2 trillion fiscal cliff counteroffer to President Barack Obama on Monday, calling for raising the eligibility age for Medicare, lowering cost-of-living hikes for Social Security benefits and bringing in $800 billion in higher tax revenue — but not raising rates for the wealthy. The White House declared the Republicans still weren't ready to "get serious."

With the clock ticking toward the year-end deadline, House Speaker John Boehner, R-Ohio, and other Republicans said they were proposing a "reasonable solution" for negotiations that Boehner says have been going nowhere. Monday's proposal came in response to Obama's plan last week to raise taxes by $1.6 trillion over the coming decade but largely exempt Medicare and Social Security from budget cuts.

Though the GOP plan proposes to raise $800 billion in higher tax revenue over the same 10 years, it would keep the Bush-era tax cuts — including those for wealthier earners targeted by Obama — in place for now. Dismissing the idea of raising any tax rates, the Republicans said the new revenue would come from closing loopholes and deductions while lowering rates.

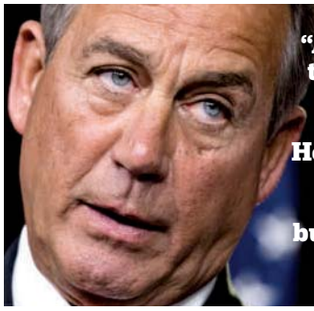
The White House complained the latest offer was still short on details, and it insisted that any compromise include higher tax rates for upper-income earners.

Time is growing shorter before the deadline to avert the fiscal cliff, which is a combination of expiring Bush-era tax cuts and automatic, across-the-board spending cuts that are the result of prior failures of Congress and Obama to make a deal.

Many economists say such a one-two punch could send the economy back into recession.

ANDREW TAYLOR (AP)

Fighting Words



"After the election I offered to speed this up by putting revenue on the table and unfortunately the White House responded with their la-la land offer that ... was basically the president's budget from last February."

— HOUSE SPEAKER JOHN BOEHNER, R-OHIO

"Until the Republicans in Congress are willing to get serious about asking the wealthiest to pay slightly higher tax rates, we won't be able to achieve a significant, balanced approach to reduce our deficit our nation needs."

— WHITE HOUSE COMMUNICATIONS DIRECTOR DAN PFEIFFER

Taking to Twitter

President Barack Obama answered questions Monday on Twitter as the White House sought to keep up the pressure on the fiscal cliff issue. In response to a question about his insistence on higher tax rates for the wealthiest earners, Obama said that "high end tax cuts do [the] least for economic growth & cost almost $1T." By contrast, he said, "extending middle class cuts boosts consumer demand & growth." (AP)

In Brief

KANSAS CITY, MO.

Families Grieve in Wake Of Murder-Suicide

Belcher

Breaking their silence for the first time, the family of Kasandra Perkins, who was fatally shot by Kansas City Chiefs linebacker Jovan Belcher, said Monday their "hearts are truly broken." Belcher killed Perkins Saturday before committing suicide in the Arrowhead Stadium practice facility's parking lot, police said. (AP)

ATLANTA

Carbon Monoxide Leak Sickens 42 School Kids

Potentially lethal carbon monoxide levels at the Finch Elementary School in southwest Atlanta sent at least 42 students and seven adults to hospitals Monday and forced 500 more to evacuate, authorities said. (AP)

SAN FRANCISCO

Weather Officials: More Heavy Rain to Hit Calif.

Northern California residents recovering Monday from a series of wet, windy storms likely won't get much of a break as another system is expected to drench the area. Up to 5 more inches of rain could fall in the region beginning Tuesday, the National Weather Service said. (AP)

Back to Basics: Former presidential candidate Mitt Romney is getting a new job title: member of Marriott International's board of directors. He's held the post with the hotel chain twice before — first from 1993 to 2002, when he left to campaign for governor of Massachusetts, and from 2009 to 2011, when he left to run for president. It's the first job announcement Romney has made since being defeated in the November election by President Barack Obama. (AP)

Nation

Curiosity Analyzes Dirt on Mars

NASA: Rover finds mix of chemicals, but no signs of life yet

Los Angeles

Results are in from the first test of Martian soil by the rover Curiosity: So far, there is no definitive evidence that the red planet has the chemical ingredients to support life.

Scientists said Monday a scoop of sandy soil analyzed by the rover's chemistry lab contained water and a mix of chemicals but not the complex carbon-based compounds considered necessary for microbial life.

The latest findings reported at a meeting of the American Geophysical Union meeting in San Francisco came from an instrument aboard the six-wheel rover that baked the soil and analyzed the gases released.

Curiosity landed in Gale Crater near the Martian equator in August on a two-year mission to study whether the environment on Mars could have been favorable for life.

The dirt at Curiosity's landing site appeared similar to that found in regions visited by other Mars spacecraft, scientists said. It contained water, sulfur and possibly perchlorate, a compound made up of oxygen and chlorine.

The rover did find a simple carbon compound, but scientists have yet to determine whether it's native to the red planet, or came from elsewhere.

Scientists think the best chance of finding complex carbon is at Mount Sharp, a 3-mile-high mountain rising from the crater floor. Curiosity won't trek there until early next year.

The rover is the most sophisticated spacecraft sent to Mars. The rover Opportunity has been exploring craters in Mars' southern hemisphere since 2004. Opportunity's twin, Spirit, fell silent in 2010 after getting stuck in a sand trap. ALICIA CHANG (AP)

Meanwhile ...

NASA's long-running Voyager 1 spacecraft has entered a new region at the edge of the solar system and is close to exiting it forever, scientists said Monday. The region has been dubbed the "magnetic highway" and it's the last stop before interstellar space, or the space between stars. Mission chief scientist Ed Stone says it's unknown when Voyager 1 will finally break through to interstellar space. Once that happens, it'll be the first man-made object to leave the solar system. Voyager 1 and its twin Voyager 2 launched 35 years ago. (AP)

REQUESTS

#DontGoDebbie

President Barack Obama took to Twitter on Monday to ask Florida Rep. Debbie Wasserman Schultz to stay on as chairwoman of the Democratic National Committee. Wasserman Schultz, who's served in that post since 2011, responded on Twitter, writing, "Thank you, Mr. President. I am honored to serve." (AP)

This offer is valid for travel on the Northeast Regional train service only. Advance reservations are required a minimum of fourteen (14) days prior to travel. Once issued, tickets are non-refundable. Blackouts apply on the following dates: 21-23Dec12, 26-30Dec12, 01-02Jan13, 15Feb13, 18Feb13, 28-29Mar13, 1Apr13, 24May13, 30Aug13, 02Sep13, 11Oct13, 26-27Nov13, 30Nov13, 1Dec13, 20-22Dec13, and 28-29Dec13. Seating is limited; seats may not be available on all trains at all times. Up to 2 children ages 2-15 may accompany each adult at half the regular (full) adult rail fare. This offer is valid for coach seats only; no upgrades permitted. This offer is not combinable with any other discount offer. In addition to the discount restrictions, this offer is also subject to any restrictions, blackouts, and refund rules that apply to the type of fare purchased. Fares, routes, and schedules are subject to change without notice. Once travel has begun, no changes to the itinerary are permitted. Other restrictions may apply. Amtrak and Northeast Regional are registered service marks of the National Railroad Passenger Corporation.

Federal employees deserve

for all their hard work.

Wellness Incentives. MyBlue Benefit Statement. Quit Smoking Programs. Walking Programs. Free Annual Physicals.

With so many additional benefits at no extra cost, no wonder more federal employees choose Blue Cross and Blue Shield than any other health coverage. That's Healthy Benefits. And as a federal employee, you've earned every one of them.

Extras.FEPblue.org. **Now you know.**

BlueCross® BlueShield®
Federal Employee Program®

Open Season runs November 12th – December 10th
Call 1-800-411-BLUE or visit Extras.FEPblue.org

This is a summary of the features for the 2013 Blue Cross and Blue Shield Service Benefit Plan. Before making a final decision, please read the plan's federal brochure (RI 71-005). All benefits are subject to the definitions, limitations and exclusions set forth in the 2013 federal brochure.

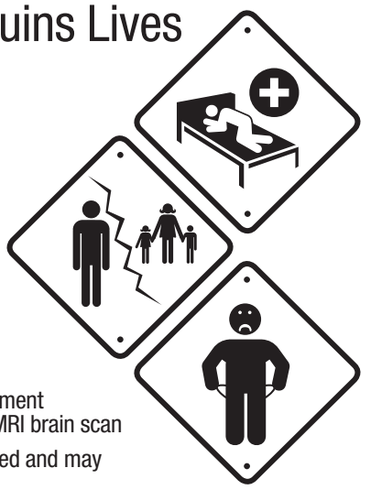
WARNING: Alcohol Ruins Lives

DO YOU HAVE ALCOHOL AND ANXIETY PROBLEMS?
You may be eligible for a research study testing whether an investigational drug compared to a placebo can help reduce your cravings for alcohol.

You may be eligible for the study if you:
- Are 21–65 years of age
- Use alcohol on a regular basis
- Often feel anxious
- Have tried to stop drinking alcohol but can't

Participants will:
- Stay at the Clinical Center in Bethesda, Maryland, for about five weeks
- Undergo detoxification (if needed) and receive alcohol treatment
- Complete questionnaires, have blood drawn, and have an MRI brain scan

There is no cost to participate. Participants will be compensated and may receive travel assistance.



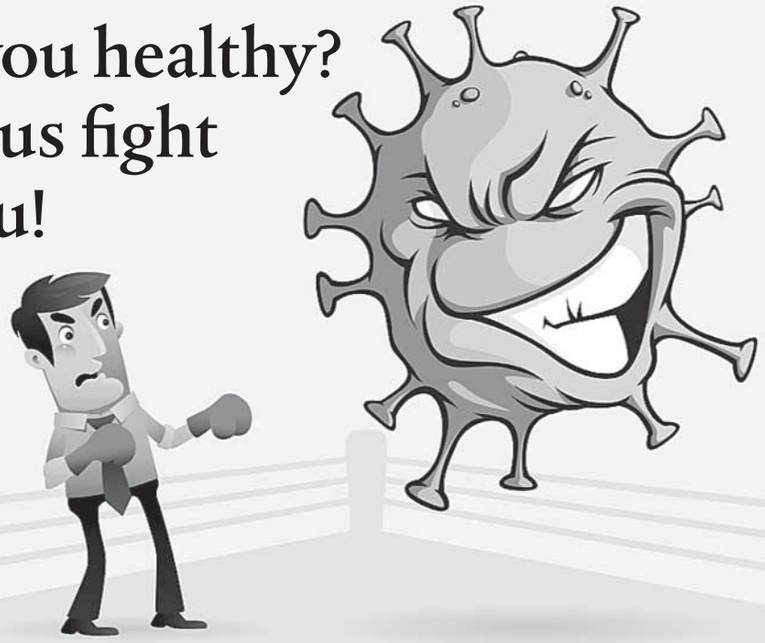
WE NEED YOU

Call now for a confidential screening:
1-800-535-8254

TTY: 1-866-411-1010
www.clinicaltrials.gov

NIAAA

Are you healthy? Help us fight the flu!



If you are healthy, have some time, and have an interest in helping researchers make discoveries about influenza (the flu), we need you for a screening study.

Participants will be asked to make one visit to the NIH Clinical Center in Bethesda, Maryland, for a blood draw, medical history, and physical exam. The screening is used to determine eligibility for future studies that will help researchers learn more about the development and course of the flu virus. Participants will be compensated for their time.

You may be eligible for screening if you are:
- 18 – 50 years old
- A non-smoker or non-habitual smoker
- Interested in participating in future studies

For more information, call 1-800-411-1222
(reference 11-I-0183) TTY: 1-866-411-1010 Se habla español
Visit: **www.niaid.nih.gov/Volunteer/flu/Pages/VICstudy.aspx**

NATIONAL INSTITUTES OF HEALTH
NIAID

PRODUCER CONCIERGE OFFICER CHIEF ENGINEER LOCKSMITH LIVE TECHNICIAN
COPYWRITER PHARMACIST NURSE PRACTITIONER MARKETING
RECEPTIONIST PHARMACIST VETERINARY TECHNICIAN PROMOTION MANAGER

To advertise a job, call **202-334-4100.**

express

XX180 3x5

Nation

JIM WEBER/AP

Elizabeth Saint Victor winces as she gets a flu shot Oct. 30 in Memphis, Tenn.

CDC: This Year's Flu Could Be Bad

It's also here earlier: Suspected cases have jumped in 5 states

New York

Flu season in the U.S. is off to its earliest start in nearly a decade — and it could be a bad one.

Health officials on Monday said suspected flu cases have jumped in five Southern states, and the primary strain circulating tends to make people sicker than other types. It is particularly hard on the elderly.

"It looks like it's shaping up to be a bad flu season, but only time will tell," said Dr. Thomas Frieden, director of the Centers for Disease Control and Prevention.

The good news is that the nation seems fairly well prepared, Frieden said. More than a third of Americans have been vaccinated, and the vaccine formulated for this year is well-matched to the strains of the virus seen so far, CDC officials said.

Higher-than-normal reports of flu have come in from Alabama, Louisiana, Mississippi, Tennessee and Texas. An uptick like this usually doesn't happen until after Christmas. Flu-related hospitalizations are also rising earlier than usual, and there have already been two deaths in children.

Flu usually peaks in midwinter. Symptoms can include fever, cough, runny nose, head and body aches and fatigue. Some develop pneumonia or other severe complications. MIKE STOBBE (AP)

112M

The number of Americans who have gotten flu vaccinations this year, according to the Centers for Disease Control and Prevention. Flu vaccinations are recommended for everyone who is 6 months of age or older. (AP)

Hearsay

"New York has been there for other parts of the country when they needed help. We're asking for the same today."

— **NEW YORK GOV. ANDREW CUOMO,** AFTER MEETING MONDAY WITH OBAMA ADMINISTRATION OFFICIALS AND CONGRESSIONAL LEADERS TO ASK CONGRESS TO ACT QUICKLY TO PROVIDE FEDERAL AID TO HELP HIS STATE RECOVER FROM SUPERSTORM SANDY

Oh, Baby! Royal News Thrills U.K.

Prince William and Kate are expecting, palace officials say

London

The most highly anticipated pregnancy since Princess Diana's in 1981 is official: Prince William's wife, Kate, is pregnant.

St. James's Palace announced the pregnancy Monday, saying that the Duchess of Cambridge — formerly known as Kate Middleton — has a severe form of morning sickness and is currently in a London hospital. William is at his wife's side.

News of the pregnancy drew congratulations from around the world, with the hashtag #royalbaby trending globally on Twitter.

The couple's first child will be third in line to take the throne — leapfrogging Prince Harry and possibly setting up the first scenario in which a U.K. female heir could benefit from new gender rules about succession.

The palace would not say how far along the 30-year-old duchess is, only that she has not yet reached the 12-week mark.

The attractive young couple, who were married in a lavish ceremony last year, are extremely popular, and their child is expected to play an important role in British national life for decades to come.

Joe Little, managing editor of Majesty magazine, said the news bookended a year that saw the royal family riding high after celebrations of Queen Elizabeth II's 60 years on the throne.

"People enjoyed the royal romance last year and now there's this," Little said. "It's just a good news story amid all the doom and gloom."

At London's Camden market, concertgoers and shoppers seemed surprised by the news — though all agreed that it had been widely anticipated. Speculation of Kate's pregnancy has been rampant for months.

"It feels a lot like a Christmas present for the nation!" said Ravian Van Den Hil, 26, a student from the Netherlands. CASSANDRA VINOGRAD (AP)

ALASTAIR GRANT/AP

A camera operator stakes a position Monday outside the hospital in London where Prince William's wife, Kate, is undergoing treatment for morning sickness.

A Rough Start

Kate, Prince William's wife, is hospitalized with hyperemesis gravidarum, a potentially dangerous type of morning sickness where vomiting is so severe, no food or liquid can be kept down, palace officials said Monday. The Duchess of Cambridge was expected to remain hospitalized for several days. The condition is thought to affect about 1 in 200 pregnant women, Britain's health department says. (AP)

In Brief

CAIRO

Egypt on Edge Ahead Of Planned Protests

Morsi

Egypt's political crisis is widening, with plans for a huge march and a general strike Tuesday to protest the hurried drafting of a new constitution and decrees by President Mohammed Morsi that gave him nearly unrestricted powers. Morsi also faces the prospect of wider civil disobedience as media, the tourism industry and law professors pondered moves that would build on a strike by the nation's judges. (AP)

GOMA, CONGO

Soldiers Return to City

Congolese soldiers took back control of the strategic city of Goma on Monday, though the rebels who occupied it for two weeks continued to stake out positions just 1.6 miles away, threatening to seize it anew if Congo fails to meet their demands. Crowds cheered the soldiers as they arrived in Goma. (AP)

USE COCAINE?

IT'S CONFIDENTIAL

You're needed for RESEARCH STUDIES if you:

- Use cocaine
- Are 18–50 years old

These studies may help us figure out how cocaine affects the body, the brain, and behavior.

- Participants are paid for time and travel
- No cost to participate
- Studies take place in east Baltimore

Call today for a confidential screening.

1-800-535-8254

NIDA NATIONAL INSTITUTE ON DRUG ABUSE

www.ResearchStudies.DrugAbuse.gov

WE NEED YOU

Are ALCOHOL and ANXIETY taking over your life?

YOU MAY BE ELIGIBLE FOR A RESEARCH STUDY testing whether an investigational drug compared to a placebo can help reduce your cravings for alcohol.

You may be eligible for the study if you:

- Are a woman 21–65 years of age
- Use alcohol on a regular basis
- Often feel anxious
- Have tried to stop drinking alcohol but can't

Participants will:

- Stay at the Clinical Center in Bethesda, Maryland, for about five weeks
- Undergo detoxification (if needed) and receive alcohol treatment
- Complete questionnaires, have blood drawn, and have an MRI brain scan

There is no cost to participate. Participants will be compensated and may receive travel assistance

WE NEED YOU

Call now for a confidential screening:

1-800-535-8254

TTY: 1-866-411-1010

www.clinicaltrials.gov

NIAAA NATIONAL INSTITUTE ON ALCOHOL ABUSE AND ALCOHOLISM

CLEVELAND PARK REPEAL DAY
CELEBRATION!
Repeal Day is December Fifth
Each bar will feature a cocktail and an appetizer at a discounted price!
3400 block of Connecticut Ave NW
Washington DC

World

U.S. Warns Syria Over Weapons

Washington

U.S. and allied intelligence have detected Syrian movement of chemical weapons components in recent days, a senior U.S. defense official said Monday, as the Obama administration strongly warned President Bashar Assad against using them.

A senior defense official said intelligence officials have detected activity around more than one of Syria's chemical weapons sites in the past week.

Secretary of State Hillary Rodham Clinton, in Prague for meetings with Czech officials, reiterated President Barack Obama's declaration that Syrian action on chemical weapons was a "red line" for the United States that would prompt action.

Syria said Monday it would not use chemical weapons against its own people. The Ministry of Foreign Affairs said Syria "would not use chemical weapons — if there are any — against its own people under any circumstances."

Syria has been careful never to confirm that it has any chemical weapons.

The use of chemical weapons would be a major escalation in Assad's crackdown on his foes and would draw international condemnation. In addition to causing mass deaths and horrific injuries to survivors, the regime's willingness to use them would alarm much of the region, particularly neighboring states, including Israel. (AP)

Meanwhile ...

Fighting between rebels and government forces raged near the Syrian capital of Damascus on Monday, forcing an inbound commercial jet to turn back while the U.N. said it was withdrawing staff because of deteriorating security conditions. The fighting over the past few weeks in and around Damascus has been the most serious in the capital since July. (AP)

Tweet Me, Holy Father: Benedict XVI, the pope known for his hefty volumes of theology, is now trying brevity through Twitter. The 85-year-old pontiff will tweet in eight languages starting Dec. 12 using his handle @Pontifex, the Vatican said Monday. Later tweets will be sent by someone in the Vatican's secretariat of state, but they will all be approved by the pope, officials said. His English account tallied more than 150,000 followers within hours of the announcement. (AP)

GW COLLEGE OF PROFESSIONAL STUDIES
ARLINGTON

MASTER'S DEGREE AND GRADUATE CERTIFICATES
LANDSCAPE DESIGN & SUSTAINABLE LANDSCAPES

Turn your passion into a marketable career. With an emphasis on small-scale landscape design, our programs enjoy a strong reputation in the area's landscape and horticulture industry.

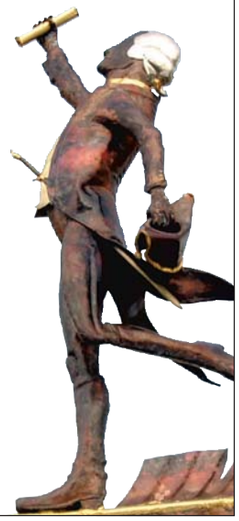
Stackable credentials. Depending on your experience, our certificates can stand alone, or both may be stacked together for a master's degree in Landscape Design.

Convenient. Courses meet evenings and weekends in our new Arlington, Virginia location and in local gardens.

www.nearyou.gwu.edu/landscape

For a list of all GW graduate programs, visit **www.gwu.edu/gradapply**.

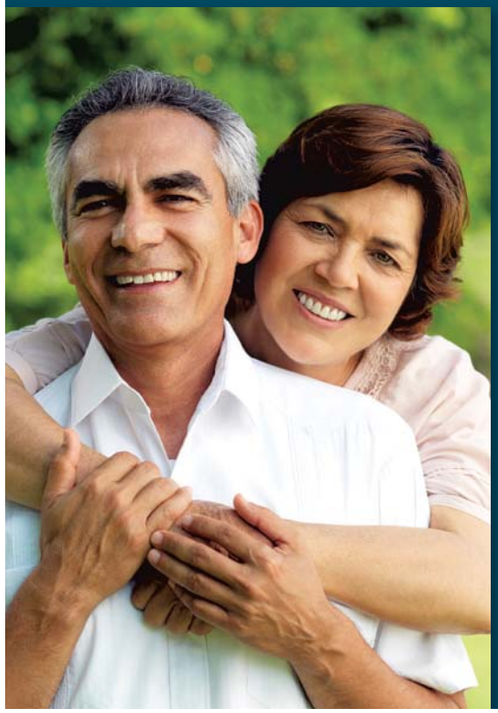
Information Session
Tuesday, December 11
1:00 pm ET
Online
RSVP Today!
703.248.2800
www.nearyou.gwu.edu/landscape



THE GEORGE WASHINGTON UNIVERSITY
WASHINGTON, DC

38131 THE GEORGE WASHINGTON UNIVERSITY IS AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION INSTITUTION CERTIFIED TO OPERATE IN VA BY SCHEV.

Could a Diet Change Help Your Painful Diabetic Neuropathy?



Want to join our research study testing whether changes to your diet can improve or reduce pain?* You must be between the ages of 18-65.

Learn more about our diabetic neuropathy study at **www.PCRM.org/study** or call **855-6-JOINUS**

Conducted by
PCRM Physicians Committee for Responsible Medicine
5100 Wisconsin Ave NW, Suite 400, Washington, DC 20016

*Participants will be asked to give a small skin sample.

World

AFP/GETTY IMAGES

New Israeli construction was under way Monday at a West Bank settlement.

Israel Rejects Pressure Over Settlements

Jerusalem

Five European nations summoned Israeli ambassadors Monday to denounce Israel's latest settlement construction push, deepening the rift between the Jewish state and European allies over the Palestinians' successful U.N. statehood bid.

The summoning of ambassadors in France, Britain, Sweden, Spain and Denmark to accuse Israel of undermining already troubled peace efforts was an unusually strong expression of displeasure.

In a statement, Prime Minister Benjamin Netanyahu's office said Israel would press ahead with its latest settlement plans.

"Israel will continue to stand up for its essential interests. ... There will be no change," it said. (AP)

Hearsay

"If the factory owner reopens the factory sometime soon, we will work again here. If it's closed for long, we have to think of alternatives."

—**DIPA AKTER,** A 19-YEAR-OLD WHO SURVIVED A FACTORY FIRE THAT KILLED 112 WORKERS IN BANGLADESH LAST MONTH BY JUMPING FROM THE THIRD FLOOR. SHE HAS TROUBLE WALKING, BUT SHE SAYS SHE NEEDS THE JOB.

Samuel J. Heyman
SERVICE to AMERICA MEDALS

PARTNERSHIP FOR PUBLIC SERVICE

ONE MONTH LEFT

NOMINATIONS DUE JANUARY 4, 2013

If you know an outstanding federal employee—who inspires you and whose story will inspire the nation—nominate them for a *Samuel J. Heyman Service to America Medal*.

servicetoamericamedals.org/nominate

WHO WILL CARE FOR US WHEN THERE AREN'T ENOUGH DOCTORS?

With a third of all doctors expected to retire in the next decade and an aging population straining health care services, America's worsening physician shortage is becoming a national crisis.

But instead of protecting Graduate Medical Education—which pays to train our next generation of doctors—Congress is considering gutting these vital funds in the current deficit reduction talks. Fixing the deficit by *accelerating* a looming doctor shortage will only harm patients.

We must fix our physician shortage now, before we all get sick.

PROTECT GRADUATE MEDICAL EDUCATION. NOW, MORE THAN EVER.

SEIU | healthcare education project

Stressed? Overworked? Not Here!

Washington's workers are happier than you might expect, a Post poll finds

Washington

Now some news that may seem counterintuitive, given the stereotype of Washingtonians as dull, stressed-out workaholics: We are happy. We like our jobs. If we work more than 40 hours a week, we don't seem to mind. We love our full lives.

Say what?

Believe it. In a Washington Post poll of 1,152 adult residents of the Washington metro area, workers overwhelmingly said they were satisfied with their occupations. Asked about how large a role work played in their lives, 75 percent said it was "about right."

And though Washingtonians are depicted as around-the-clock worker drones, only 34 percent of those employed full time said they worked more than 50 hours a week. Where did our stereotypes go wrong?

What about the political operatives responding to emails on their BlackBerrys at 11 p.m., or the bureaucrats trudging into the Department of Paper Shuffling at 5:15 a.m.? Where do they fit into this well-balanced life?

The answer is that they are a piece of it. But the bigger piece is the quieter Washington that is far more diverse than politicians and federal workers. In interviews with a number of these poll respondents, we found residents of all demographic and geographic stripes determined not to let their work dominate them. We found people focused on spending time with kids, spouses, boats — intent on finding jobs that are fulfilling and meaningful, yet not overwhelming.

"I work to live, not the other way around," said Annie O'Connell, 60, of Potomac, who works for a furniture maker. "My family life will always take precedence. With my company, it's the way they see it, too."

A number of respondents said their employers were willing to be flexible with hours and offered the opportunity to telecommute, a shift from the days of punching the clock and rigid worker control by the bosses.

"The good companies" are more sensitive to employees' needs than before, said Becky Feldbush, 42, a graphic designer from Olney.

"Technology has really made it possible to do the workplace-flexibility thing," said Mark Schmit of the Society for Human Resource Management in Alexandria. "We can be at our son's recital and still be working."

Still, there are the 10 percent of those with jobs who rate themselves as "not too happy," the 20 percent who think work plays too big a role in their lives, and the 40 percent who feel chained to work somewhat or a lot.

Jim Mammen, a defense contractor from Alexandria, has the complaints we expect: The commute is terrible. Taxes keep rising. Workweeks of 50 hours or more are common. On his 60th birthday, a day he would normally take off, he had meetings.

Balancing work and life is "a constant challenge," he said. "I think that's true in everybody's life. But it also depends on where you are in life." TOM JACKMAN (WASHINGTON POST MAGAZINE)

Wait, Money *Can* Buy Happiness?

Part of Washingtonians' contentment may stem from the area's prosperity. When asked in the Post poll to describe the state of their personal finances, 68 percent of adults here said excellent or good. In a nationwide Bloomberg poll, only 27 percent said excellent or good.

Happily at Work in D.C.

A recent Washington Post poll of 1,152 area adults found a majority are quite content in their jobs. Of the respondents, 26 percent were government employees, and 72 percent said they worked in the private sector. Here are some of the notable findings: (WASHINGTON POST MAGAZINE)

87 percent

The number of Washingtonians who said they were completely or somewhat satisfied with their job. And 88 percent declared themselves either "very happy" or "pretty happy" when asked to rate their happiness. Eighty-eight percent also said they would not call their job boring.

57 percent

The number of Washington workers who said they had telecommuted to work; 85 percent or more said new technology has had a positive effect. And 61 percent said they checked email outside of work "often" or "sometimes," above the 37 percent national rate found in a CBS poll.

"People in Washington have jobs and roles that are highly energizing. These are mission jobs — it's not like you're washing cars. There are lots of smart young people enjoying each other's company; that's as energizing as the job itself."

— **JANE WEIZMANN** OF TOWERS WATSON, A HUMAN RELATIONS CONSULTING COMPANY WITH AN OFFICE IN ARLINGTON, ON WHY SHE WASN'T SURPRISED BY THE HIGH HAPPINESS QUOTIENT IN THE WASHINGTON AREA

Must Schedule Free In Home Estimate by 12/13/12 to Qualify!

Terms & Conditions
1. Schedule Free Estimate by 12/13/12
2. Must be Installed by 12/22/12
3. Up To 2 Systems Per House Hold
4. Limit up to 16 SEER A/C
5. Can't Combine With Any Other Offer

BBB ACCREDITED BUSINESS A+ RATING

Oh Yes! IT'S FREE

PRESIDENTS AWARD

CARRIER RESIDENTIAL FACTORY AUTHORIZED DEALER Carrier Turn to the Experts.

FREE CARRIER FURNACE!

When You Buy a Qualifying A/C!*

CYPRUS AIR HEATING & COOLING

Serving VA, MD and DC Since 1967

Sales, Service and Installation

1(888)709-0628

www.IndoorComfort.com

24 Point Heating or Cooling Safety Tune Up

$89!

Includes Product Inspection and a Start and Check.

Regular Price $149

Cannot Combine With Any Other Offer. Priced Per System. Expires 12/13/12

NATE · Washington Gas · Carrier Turn to the Experts · MasterCard · American Express · Discover · Visa · Senior Discount · Mil. Discount · Natural Gas Contractor · 12 Months 0% Interest*

*Call for details.

DC Rider

NEW VERSION! NOW WITH RUSH PLUS! DOWNLOAD OUR FREE APP FOR IPHONE AND ANDROID DEVICES NOW AT THE APP STORE OR GOOGLE PLAY STORE.

Train Strike Raises Question

Q I read about the guy who was struck by a Metro train in Union Station Monday. What I don't understand is why someone from Metro isn't always down on the platform making sure that people are standing away from the edge of the platform.

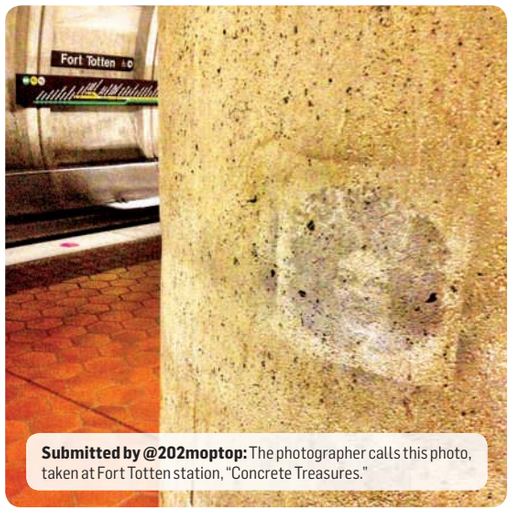
(Editor's Note: A man appeared to intentionally try to get in front of a Red Line train bound for Shady Grove at Union Station on Monday morning, Metro spokesman Dan Stessel said. Surveillance videos showed the man stepping toward the platform's edge as the train approached. He was struck by the front of the train and pushed along the platform until the train stopped. He was essentially caught between the train and the platform edge. He sustained a severe leg injury and several other injuries, Stessel said.)

I would love to see more Metro personnel on the platforms during rush hours at Metro's busiest stations, which would certainly include Union Station — though the Red Line platform at Gallery Place can be a particularly scary place. It would help to have more Metro personnel, but I'm not sure how much an employee could do to prevent someone from deliberately getting onto the tracks as a train enters the station.

Q When Metro first went forward into the system rebuilding, they were very organized, listing weekend track work months in advance and single tracking work at least a week or two before. Now I'm noticing there are no current weekday/weeknight track work advisories. Why have they dropped the ball with this?

I haven't seen anything about major track work beyond December, though I have no doubt that it's coming. The "major" weekend track work is listed on Metro's website. I look at the alerts/advisories page to see announcements about other track work. There's none listed there right now.

Dr. Gridlock offers commuter counseling online at washingtonpost.com.



Submitted by @202moptop: The photographer calls this photo, taken at Fort Totten station, "Concrete Treasures."

Tag **@ExpressDCrider** in your Instagram posts of the transit system, and if we ♥ your shot, email it to us for publication at **dcrider@wpost.com.**

GARAGE SALE 2 WEEKS ONLY!

FOR YOUR SAFETY:
Tune ups on your garage doors are required once a year

Sears
Garage Doors

Garage Doors:

Free In-Home Estimates

• Variety of Styles • Great Warranties

Emergency Repairs available 7 days of the week!

• Broken Springs • Safety Sensors
• Door Alignment, Safety Tune-Up, etc.

Sears BLUE SERVICE CREW

SATISFACTION GUARANTEED
Guaranteed Same-Day Service!

CRAFTSMAN MODEL 53985 RUGGED AND RELIABLE

NOT VALID WITH ANY OTHER OFFER
$100 Off

CRAFTSMAN MODEL 53918 ULTRA SMOOTH AND QUIET

NOT VALID WITH ANY OTHER OFFER
$100 Off
With Battery Back Up!

CRAFTSMAN MODEL 3043 INTERNET CONNECTED SMART PHONE COMPATIBLE

NOT VALID WITH ANY OTHER OFFER
$100 Off
With Battery Back Up!

Offer expires 12/17/12.

New Garage Door as low as $999 with the purchase of a New Garage Door Opener

866.788.0203

Service Available 7 Days A Week!
(Serving Virginia, Maryland and DC)

We Repair and Service All Brands of Garage Doors and Openers.
Guaranteed Same Day Service!

FOR YOUR SAFETY: Tune-Ups On Your Garage Doors Are Required Once A Year.

NOW! $49.00

Regular $199.00!

TUNE-UP*

Adjust, Tune-Up & Lube

Coupon may not be combined with any other offers. Must be presented at time of service. Offer expires 12/17/12.

Visit **searsgaragedoors.com** to learn more or to design a door for your home at our design center.

Trade for FBI Building Proposed

Plan: Swap Hoover site for a newer, more secure campus

Washington

The Federal Bureau of Investigation would move out of the J. Edgar Hoover Building on Pennsylvania Avenue and relocate to a new Washington-area campus facility under a plan the General Services Administration released Monday.

The GSA, under a directive from President Barack Obama to reduce the footprint and costs of its real estate, outlined the proposal as it launched a search for private development partners for two major parcels of federal land in downtown Washington.

One is the Hoover building on Pennsylvania Avenue. At nearly 40 years old, the concrete Brutalist building is deteriorating, inefficient and lacks proper security for the FBI.

In a solicitation to real estate developers Monday, GSA Acting Administrator Dan Tangherlini proposed swapping the Hoover building site — a valuable property on Pennsylvania Avenue — for the construction of a new, consolidated campus located in the Washington region.

CLIFFORDS PHOTOGRAPHY/FLICKR

The FBI's J. Edgar Hoover Building on Pennsylvania Avenue is nearly 40 years old.

> **"It was really seen at the onset as a giant filing cabinet. We were going to keep all the agency's records there."**
>
> — **DAN TANGHERLINI,** GSA ACTING ADMINISTRATOR, SPEAKING ABOUT THE J. EDGAR HOOVER BUILDING, WHICH HE BELIEVES HAS OUTLIVED ITS TIME

In an interview Monday, Tangherlini said getting the FBI out of the Hoover building represented a prime opportunity for the government to save money and reduce its space requirements.

Tangherlini said he hoped the Hoover site, which encompasses nearly two city blocks in the booming Penn Quarter neighborhood, would pay for all or most of a newly constructed campus for the agency elsewhere in the region.

But he said the agency would not know for sure until it received responses from the private sector. "What we want to do is ask the marketplace — what do you think?"

The possible move is expected to launch a local political battle over the agency's relocation and as many as 11,000 highly sought-after jobs.

Elected leaders in D.C., Maryland and Virginia have all floated possible sites in their jurisdictions months before the GSA even began its search.

Tangherlini said he was following a similar formula in seeking ideas for Federal Triangle South, a 22-acre area of five buildings near the National Mall in Southwest D.C. — some of them considered the most block-like and dull properties downtown.

JONATHAN O'CONNELL (CAPITAL BUSINESS)

3 Men Shot Outside of U St. Club

Washington

D.C. police said three men were shot outside a nightclub in the District's popular U Street corridor.

Police said the shooting occurred early Monday morning outside Indulj Restaurant and Lounge in the 1200 block of U Street Northwest.

Police said the victims suffered non-life-threatening injuries. One man was shot in the back, one was shot in the leg, and one was shot in the shoulder.

Police Chief Cathy Lanier ordered the club closed for a 96-hour period beginning at 6 p.m. Monday. A police spokeswoman says the Alcoholic Beverage Regulation Administration will make a decision about the club's future operations. (AP)

$98,460

The amount Maryland State Police spent on out-of-state travel to provide protection for Democratic Gov. Martin O'Malley during the first nine months of the year. (TWP)

Still Struggling: Metro says the long-awaited new escalators at the busy Dupont Circle station have experienced 20 outages in their first 40 days. The escalators opened Oct. 20 after a nearly nine-month closure of the station's southern entrance. Metro spokesman Philip Stewart says "the escalators are functioning as intended." He says they are "many times more reliable than the units they replaced." (AP)

© Artwork by Donna Butnik

PERIMENOPAUSAL DEPRESSION RESEARCH STUDIES | NIH CLINICAL CENTER, BETHESDA, MARYLAND

Midlife & Menopause

Women ages 40-65 who struggle with irritability, anxiety, sadness, or loss of enjoyment at the time of the menopause transition are invited to participate in outpatient research studies.
There is no cost for participation. Compensation may be provided.

Please call us. Together we can make a difference.

301-496-9576

TTY: 1-866-411-1010

patientinfo.nimh.nih.gov

Women's Health | Perimenopause-Related Mood Disorders

NATIONAL INSTITUTE OF MENTAL HEALTH

NATIONAL INSTITUTES OF HEALTH | DEPARTMENT OF HEALTH & HUMAN SERVICES

WWW.CLINICALTRIALS.GOV

Protocol No. 88-M-0131

NIMH National Institute of Mental Health

SEARS HOME SERVICES

Get a Deep-Down Clean with Sears "GREEN."

Sale!

Our "GREEN" carpet cleaning solutions are safe for kids, pets and the environment.

- First we loosen the dirt by pre-treating with pressurized hot water and a **GREEN** cleaning solution that is safe for kids & pets.
- Then, we remove the cleaning agent and dirt with a low balance PH fiber rinse using our powerful truck mounted system.
- The end result is carpet and upholstery that are deep down clean and soft
- Our courteous, trained technicians undergo background checks.
- Most furniture moved and replaced FREE.

3 Rooms and a FREE Hall
$99 Save $51!
DEEP Cleaning
Expires 1/1/13

4 Rooms and a FREE Hall
$129 Save $90!
DEEP Cleaning
Expires 1/1/13

Be Careful of Carpet & Air Duct Cleaning Scams!
For More Details, Go to YouTube.com and Search "Carpet Cleaning Scams" or "Air Duct Cleaning Scams."

Don't Risk your Family's Health with Poor Air Quality

allergy? | asthma? | cold? | flu?| dust?

Sears utilizes state-of-the-art equipment and specialized tools to help eliminate years of accumulated allergens, dirt, debris from your homes heating cooling air ducts, vents and registers.

Improve Air Flow — Reduce Dusting

SEARS AIR DUCT CLEANING CAN HELP

Lower Your Gas & Electric Bills!

- ✓ Improves Heating and Cooling System Efficiency
- ✓ State-of-the-Art Power Truck mounted vacuum equipment & video inspection
- ✓ Removes Allergy Aggravating Contaminants
- ✓ Professional, Background Checked, Trained Technicians
- ✓ Peace of Mind with Satisfaction Guarantee
- ✓ Improve the Air Quality in Your Home

Satisfaction GUARANTEED!

Air Duct Cleaning Special
99.00! Save $195.00 • Includes up to 10 vents
Free Unlimited Mains!
Normally $50.00 each!
Each additional vent only $10.00. Free System Inspection. Multiple systems will vary. Offers can not be combined.
Call **1-866-906-4435**
Includes up to 10 vents, Free System Inspection. Add'l vents $10 ea. Expires 1/1/13.

Call or Schedule Online **Searsclean.com**
No Credit Card Needed.

Sears Carpet & Air Duct Cleaning

Call **1-866-906-4435**
Serving Virginia, Maryland, and DC
Call Every Day! 7 Days a Week – 7:00 am Thru 11:00 pm
Live Operators

Sears BLUE SERVICE CREW

All employees have background checks prior to working for Sears

No Sub Contractors!

An area is defined as a room up to 250 square feet. Combination areas Living Room/Dining Room and other areas over 250 square feet are considered as separate areas. Baths, staircases, landings, halls, walk-in closets and area rugs are priced separately. Valid for residential areas only. Prices may vary for specialty fabrics, loose back cushions, wool and oriental carpet and special services. Specialty spotters may not qualify as Green. Additional fee applies to all jobs 3rd floor or higher. Air duct pricing valid on single furnace homes only. Extra charge may apply for homes with multiple heating/cooling systems or homes with furnaces or vents that are not easily accessible. Energy savings may vary depending on the size of your home and the condition of your heating/cooling system. Offer/service not available in all areas. Minimum order may apply. Other restrictions may apply. Call for details. Not valid with any other coupon or offer. Void where prohibited. Services supplied by Sears franchises. Sears cards are issued by Citibank (South Dakota) N. A. Offer expires 1/1/13. A temporary fuel charge may be added.

Local

RICKY CARIOTI/TWP

Newspaper staffers at the Tattler make posters from front pages for a school fundraiser during Journalism II class at Bethesda-Chevy Chase High School.

Md. Students Fight to Save Print Newspaper

Bethesda

Consuming news and information has been easier than ever for a generation of kids with e-readers, smartphones, tablets and laptops at their fingertips. But for some Montgomery County students, nothing beats an old-fashioned print newspaper.

Journalism students who produce the Tattler, the Bethesda-Chevy Chase High School newspaper, have been feverishly fundraising to resurrect the print version of their publication after going on hiatus in mid-October.

"There seemed to be a feeling among the students that online-only is second rate," said Aaron Wildavsky, co-editor-in-chief of the Tattler with Marissa Sawicki. "There's sort of a stigma."

Wildavsky said the journalism students' efforts to bring back the print newspaper — which first published in 1926 — is less about the "principle of saving print journalism" and more a matter of giving the audience and community what it wants.

Bethesda-Chevy Chase English teacher and newspaper adviser David Lopilato has even paid out of his own pocket to support some editions of the Tattler in the past, but students realized that wasn't a sustainable business model.

So they shifted gears, going from the reporting side of journalism to the business side, hoping to generate at least $5,000.

The Tattler's financial struggles have been a learning experience for the students, in ways they wouldn't typically experience just writing news articles, Lopilato said.

"It's been great for everyone involved to see what the bottom line looks like and what it takes to put out a paper of quality," Lopilato said. LYNH BUI (THE WASHINGTON POST)

The Lotteries

Monday, Dec. 3

District

Mid-day Lucky Numbers 2-3-9
Evening Lucky Numbers (Sun.) 8-1-9
Mid-day DC 4 6-3-3-1
Evening DC 4 (Sun.) 5-9-9-4
Mid-day D.C. Five 5-7-8-9-6
Evening D.C. Five (Sun.) 3-7-8-9-7

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.

Maryland

Mid-day Pick 3 1-7-8
Evening Pick 3 (Sun.) 7-9-1
Mid-day Pick 4 4-1-8-8
Evening Pick 4 (Sun.) 4-3-0-7
Match 5 (Sun.) 1-2-11-27-29 (25)

Virginia

Mid-day Pick 3 7-6-8
Evening Pick 3 (Sun.) 8-9-2
Mid-day Pick 4 6-4-8-1
Evening Pick 4 (Sun.) 3-2-7-2
Mid-day Cash 5 (Sun.) 5-6-8-30-32
Evening Cash 5 (Sun.) 5-16-20-28-31

HOLIDAY SHOPPING WITHOUT THE GUILT.

LOW, FIXED RATES!

9.90% APR* PLATINUM

10.99% APR GOLD

YOU'LL BE REWARDED FOR SPENDING!

Generous rewards points and no annual fee.

Apply online at arlingtoncu.org
or call us at 703.526.0200

ARLINGTON COMMUNITY
FEDERAL CREDIT UNION

*APR = annual percentage rate. Not all members will qualify for the lowest rate based on credit history. Rates subject to change without notice. Certain restrictions may apply.

Sports

Hoyas Need to Hit the Boards

Coach makes it clear that rebounding is key to Texas tipoff

Hoyas Hoops

John Thompson III kept Monday's news conference short but not sweet. Having just conducted the final practice before Georgetown headed off for Tuesday's game against Texas at Madison Square Garden, the coach couldn't hide his displeasure.

Friday's scoring-challenged 37-36 win over Tennessee probably had something to do with it. Or it might've been the team's recent rebounding troubles.

That last one is a worrisome issue for the Hoyas (5-1) as they take on the Longhorns (5-2), one of the stronger rebounding teams in the country. Against Tennessee, Indiana and UCLA, Georgetown finished a combined minus-22 on the glass.

"Rebounding is the most important thing. If you rebound, everything flows."

— **GREG WHITTINGTON**, SOPHOMORE FORWARD WITH THE HOYAS.

Paced by Jonathan Holmes and Cameron Ridley, Texas is averaging 40.7 rebounds per game — seven more than the Hoyas. Guard Sheldon McClellan, the Longhorns leading scorer at 17 per game, is one of six Longhorns grabbing at least four boards per game.

"They have a big team," Thompson said. Asked what it will take for his team to reverse its rebounding woes, the coach said, "Box out and go get the ball. It's not rocket science."

Having rugged junior Nate Lubick back for a full game should help.

JOHN MCDONNELL/TWP

Georgetown forward Mikael Hopkins, right, grabs a rebound against Liberty's Andrew Smith at the Verizon Center on Nov. 14.

Injury Update

Having rugged junior Nate Lubick back for a full game should help the Hoyas' rebounding woes. The Hoyas' starting power forward played only eight minutes (and none after halftime) Friday against Tennessee after injuring his elbow. Lubick practiced on Monday and will be available for the 7 p.m. tip against Texas, coach John Thompson III said.

The Hoyas' starting power forward played only eight minutes and none in the second half against Tennessee after injuring his elbow. Lubick practiced on Monday and will be available against the Longhorns, Thompson said.

As for the offensive struggles that plagued the Hoyas against the Volunteers, the coach said, "We've got to put the ball in the basket. I think we missed 17, 18 three-foot shots."

7 P.M.
Tuesday
ESPN

The game ended without a single double-digit scorer, and no one on either side scored in the final four minutes. "We held them to 36 points. We scored more than they did. Other than that, it was difficult to watch," Thompson said.

Georgetown's three 6-foot-8 sophomores — Greg Whittington, Otto Porter and Mikael Hopkins — each scored a team-high eight points against Tennessee. (Those three individually average over 10 points a game.)

As for rebounding, their collective length combined with Lubick's energy should work in the Hoyas' favor Tuesday.

"Rebounding is the most important thing," Whittington said. "If you rebound, you limit the [opposing] team's second chances. If you rebound, everything flows."

BENJAMIN STANDIG (FOR EXPRESS)

In Brief

JONATHAN DANIEL/GETTY IMAGES

Yankees third baseman Alex Rodriguez will undergo hip surgery, the team says.

MAJOR LEAGUE BASEBALL

A-Rod Needs Surgery, Will Miss Start of Season

The New York Yankees say Alex Rodriguez will have surgery on his left hip and will miss the start of the season and possibly the entire first half. Rodriguez has a torn labrum, bone impingement and a cyst, the team said Monday. (AP)

COLLEGE FOOTBALL

Heisman Finalists Named

Texas A&M quarterback Johnny Manziel, Notre Dame linebacker Manti Te'o and Kansas quarterback Collin Klein are the finalists for the Heisman Trophy. Manziel is the favorite to win college football's most famous award when it is presented Saturday night in New York. He would be the first freshman to win the Heisman and the first Texas A&M player since 1957. (AP)

COLLEGE BASKETBALL

Indiana, Duke Atop Poll

Indiana, Duke and Michigan remained the top three teams in the AP Top 25 college basketball poll. Look all the way to the bottom and you won't see Kentucky's name for the first time since John Calipari became coach of the Wildcats in 2009. (AP)

Late Redskins Game

Monday night's Redskins/Giants NFL game at FedEx Field ended after Express' deadline. For results | **washingtonpost.com**

Sports

ALEX BRANDON/AP

Wizards forward Chris Singleton, forward Martell Webster and guard Jordan Crawford, from left, have helped the team lead the league in bench scoring this season.

Wizards Lead NBA In Bench Scoring

In a season lacking highs, substitutes are pulling weight

Wizards

In the NBA, the start always comes with a production. The lights go dim, the music gets loud and those select five players get to take that prideful stroll through a tunnel of high-fiving teammates as their names are announced.

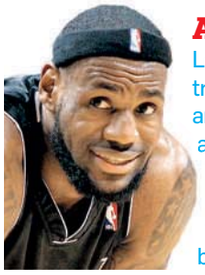
For the Wizards, the production is generally coming from the bench. Ripping off warmups at the scorer's table has been the preferred option to all of the pregame entertainment and attention.

The last-place Wizards (1-13) lead the league in bench scoring at 44.9 points per game — nearly three points more than the next closest team, Milwaukee (42.1). They are also the only team whose bench outscores its starters. Reserves are responsible for 50.2 percent of the Wizards' league-worst 89.4 points per game.

In a season in which little has gone right, the Wizards have consistently been able to rely on their backups to dig them out of holes. They have outscored the starters in eight of the 14 games and were also responsible for leading the Wizards to their lone victory over Portland, with the second unit outscoring the Trail Blazers' bench, 46-4, in an 84-82 win.

"It's important to have that punch off the bench," coach Randy Wittman said. "Our bench comes out and delivers. When you can have that one unit — and one unit being a bench — that can score points, it's a pretty solid combination."

The team's top three scorers — Jordan Crawford, Nene and Kevin Seraphin — have all come off the bench for most of the season. And a reserve has led or tied for the team lead in scoring 10 times this season. MICHAEL LEE (THE WASHINGTON POST)



Another Award for LeBron

LeBron James of the Miami Heat is Sports Illustrated's Sportsman of the Year. James became an NBA champion in 2012, a year in which he also won his second Olympic gold medal and his third NBA MVP trophy. Time Inc. Sports Group editor Paul Fichtenbaum said Monday that James was chosen not only for his play but also for his charitable work. (AP)

Download it FREE!

DC Rider

The essential iPhone and Android app built exclusively for Metro-riding Washingtonians.

Featuring:

- Metro Alerts: Get updated advisories from Metro.
- Trip Planner: Determine your route options and check out fare info.
- Station Info: Find the nearest station and now view its entrances on a street map.
- Comments: Read instant updates from other riders and add your own thoughts via Twitter.

Download DC Rider FREE courtesy of

America's Charities®

GIVE AT WORK. CHANGE LIVES.

$25 can provide 100 children with much needed clean water and $50 can provide roughly 10 food bags to hungry children.

DONATIONS MAKE A DIFFERENCE!

WWW.CHARITIES.ORG | 800.458.9505

Children First℠ Health First℠ Community First™ Greater Washington DC

Available on iTunes or the Android App Market.

POWERED BY express

Sports

Nats Hope to Hold on to Burnett

Eight teams show interest in signing left-handed reliever

Nationals

The Nationals are one of eight teams still interested in left-handed reliever Sean Burnett, according to a person familiar with the situation.

The Nationals currently have no left-handed relievers under contract for 2013, and Burnett, a key cog in the Nationals' bullpen for the past three-plus seasons, is the best remaining left-handed reliever on the free-agent market.

After he posted a 2.38 ERA over 56 2/3 innings last season, Burnett will likely command a contract similar to the three-year, $18 million deal fellow lefty Jeremy Affeldt signed with the San Francisco Giants earlier this winter.

The Nationals will have stiff competition to sign Burnett. The Angels, Brewers and Cardinals, among others, all need left-handed arms in their bullpens, and Burnett represents the best option.

But the Nationals may have to look elsewhere. One free agent name they have discussed is J.P. Howell, who spent the past seven years with the Tampa Bay Rays.

Howell, 29, punched up a 3.04 ERA in 50 1/3 innings last season with 42 strikeouts and 22 walks. ADAM KILGORE (THE WASHINGTON POST)

DILIP VISHWANAT/GETTY IMAGES

The Angels, Brewers, Cardinals and others are interested in Sean Burnett.

Meeting's Greetings

Other notes from Nashville, Tenn., where baseball's Winter Meeting is being held this year:

- At least one team other than the Rays has called the Nationals about trading for 2B Danny Espinosa.
- Outfielder Rick Ankiel, whom the Nationals designated for assignment this summer, wants to play next season. Ankiel, 33, hit .228/.282/.411 in limited time before the Nationals let him go July 19.
- A name to watch in the Rule 5 draft: Class A Potomac reliever Rob Wort. The Nats left him unprotected after he posted a 2.38 ERA. (TWP)

TV Lineup

SOCCER (2:30 P.M., 8 P.M., FSN) Arsenal heads to Greece to play Olympiacos in Group B of Champions League play. The late game is a replay of Manchester City at Dortmund.

WIZARDS (7 P.M., CSN) The league's worst team, the Wizards, tips off against the defending NBA champs, the Heat, who have the league's best record.

COLLEGE HOOPS (9 P.M., ESPN) No. 25 North Carolina State and UConn tip off in the Jimmy V Classic at MSG.

COLLEGE HOOPS (7 P.M., ESPN2) Oklahoma goes on the road to play against the struggling Arkansas.

COLLEGE HOOPS (7 P.M., NBCSN) Richmond heads south to Norfolk to take on Old Dominion in a battle of Virginia schools.

United Way
United Way of the National Capital Area
WWW.UNITEDWAYNCA.ORG/CFC
31408

EVERYDAY HEROES
COME IN EVERY SIZE, SHAPE AND

FEDERAL PAY SCHEDULE.

Please give to United Way of the National Capital Area via CFC code 31408, or donate directly to one of its member charities. And come to the rescue of those in need with every paycheck.

UNITED WAY

CFC Combined Federal Campaign Approved Charity

Just a few of over 700 charities supported by United Way of the National Capital Area.

THE KOINONIA FOUNDATION INC.
19446

Big Brothers Big Sisters
16329

Quality Trust for Individuals with Disabilities
33317

WIT EDUCATION FOUNDATION
92190

St. Ann's Infant & Maternity Home
A Tradition of Caring
29344

CHARACTER EDUCATION PARTNERSHIP CEP
Leading a National Call to Character
36909

Southeast Ministry
95794

We build more than homes.

We build hope.

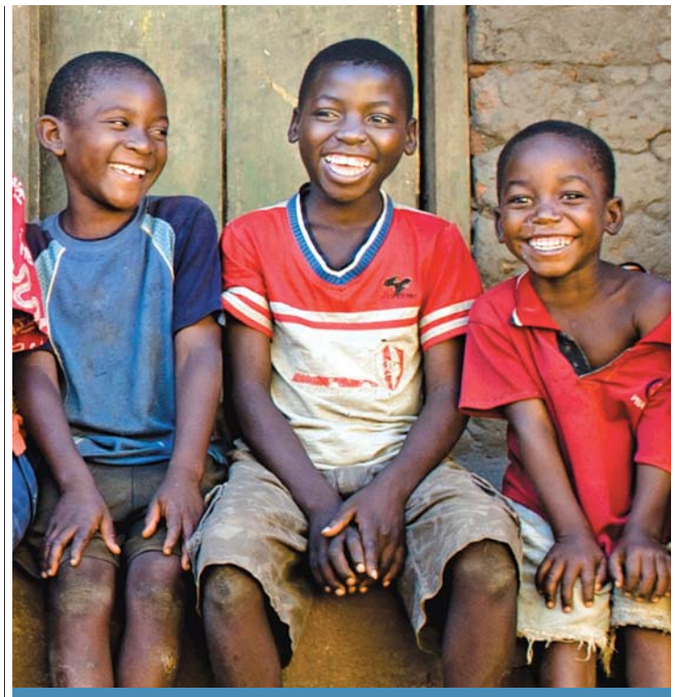
Hope that children will grow up safely, hope that home equity earned will pay for education, hope for a better life.

Habitat for Humanity of Washington, D.C. works to eliminate poverty housing and homelessness in the nation's capital by building affordable, energy-efficient homes for hard-working, low-income families. With your pledge or holiday donation, we can keep supporting those in need.

Habitat for Humanity® of Washington, D.C.

CFC # 71579

United Way # 8224

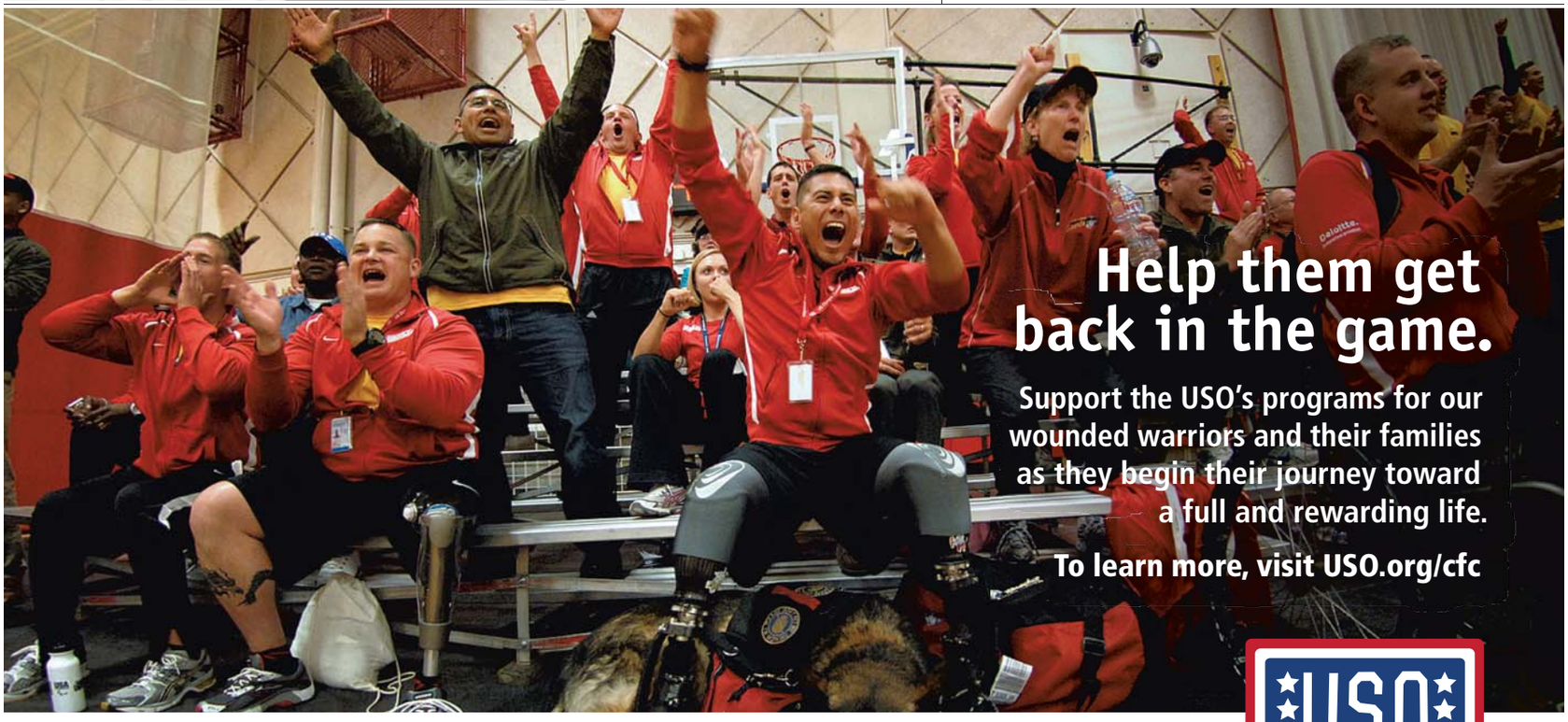


WE ARE ALL ONE COMMUNITY

Learn what you can do: aidforafrica.org

Aid for Africa℠

CFC# 11069



Help them get back in the game.

Support the USO's programs for our wounded warriors and their families as they begin their journey toward a full and rewarding life.

To learn more, visit USO.org/cfc

USO®

uso.org/cfc

CFC #11381

CFC Support Your Passion

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ CFC #10170

10170
Human Service Charities of America

10543
Adopt America Network

11155
American Council of the Blind

14116
Bully Prevention by Rachel's Challenge

11089
Child Aid

11976
Children Affected by AIDS Foundation

11156
Children's Cancer Assistance Fund

10547
Disabled and Alone/Life Services for the Handicapped

11157
Guide Dog Foundation for the Blind, Inc.

12310
HealthStore Foundation, The

88983
Let's Cure CP

11971
Lions Clubs International Foundation

11610
MAZON: A Jewish Response to Hunger

11935
Mission: Readiness

10541
National Center for Fathering

10542
National Right to Life Educational Trust Fund

11611
Oklahoma City National Memorial & Museum

11088
Public Radio International

89030
ShelterBox USA

10545
Suicide Prevention Foundation of America

11973
Volunteers of America, Inc.

11364
White Bison

11609
Youth Law Center

GuideDog Foundation For The Blind, Inc.®

Give the gift of Second Sight®

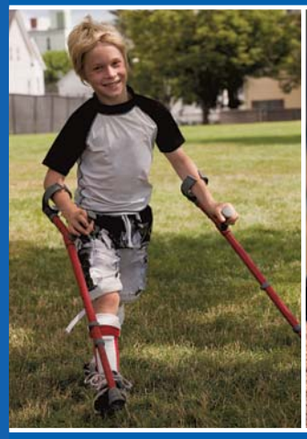
Look for us under "Guide Dog Foundation"

CFC #11157

800-548-4337

www.GuideDog.org

10,000 CHILDREN IN THE U.S. ARE BORN WITH CP ANNUALLY.



We can change their future.

Let's Cure CP
www.letscurecp.org

CFC #88983

Member of Human Service Charities of America

1/3 OF CHILDREN WITH CP CANNOT WALK. 1/4 CANNOT DRESS OR FEED THEMSELVES.

Help us fund Cerebral Palsy Research! www.letscurecp.org

For more than 113 years...

we may not have been on the front pages, but we've been on the front lines.

Did you know that one in four homeless Americans is a veteran?

Will you join us in helping those in need?

#CFC11973

Volunteers of America®

www.VolunteersofAmerica.org

HELP US *END* BULLYING & *PREVENT* TEEN SUICIDE

Based on the story of Rachel Scott, the first student killed in the Columbine High School tragedy, **Rachel's Challenge** programs are a *powerful antidote to the bullying epidemic*. These life-changing presentations reach over 2.5 million students annually, inspiring unity and compassion amongst their peers. It's only when students are *inspired* to make their school a positive environment filled with acceptance and encouragement, will they find one that is *free* from bullying.

It's the *story* that changes everything.

RACHEL'S Challenge

CFC

BULLYING PREVENTION by RACHEL'S CHALLENGE CFC #14116

Read the incredible stories shared on our Facebook page.
Facebook.com/RachelsChallenge

LIFE AT RISK

Will you be a voice for the voiceless?

The National Right to Life Educational Trust Fund is promoting positive, compassionate alternatives to crisis pregnancy, abortion, infanticide and euthanasia by educating the public on these vital right to life topics.

For more information about our life-saving educational work and a packet of information, email mrivers@nrlc.org.

CFC #10542

national RIGHT TO LIFE educational trust fund
512 10th Street NW | Washington DC 20004
(202) 626-8812 | mrivers@nrlc.org

facebook.com/nationalrighttolife twitter.com/nrlc youtube.com/nationalrighttolife www.nrlc.org

SHARING GOD'S
Healing Love
WITH MILITARY HEROES AND THEIR SPOUSES

Operation Heal Our Patriots™ focuses on bringing spiritual refreshment, physical renewal, and marriage enrichment to wounded and injured U.S. military service members and their spouses. And it's done at no cost to our heroes.

Join Samaritan's Purse in serving those who serve us. Help support a military couple through Operation Heal Our Patriots™.

CFC #10532

Samaritan's Purse®
INTERNATIONAL RELIEF

Visit **www.samaritanspurse.org/patriots** for more information.

Franklin Graham, President | P.O. Box 3000 | Boone, NC 28607
samaritanspurse.org | © 2012 Samaritan's Purse
facebook.com/samaritanspurse | twitter.com/samaritanspurse

YOU CAN COUNT ON express

Federal workers who read Express are 54% more likely to give charitably.

They are more likely to give to charitable organizations of almost every stripe. And since more than 1 in 5 Express readers are employed by the federal government, shouldn't you make your CFC appeal in Express?

This CFC season, reach those who give.

To place your ad, contact:

Peter Sande | 202-334-4385
sandejp@washpost.com

72% more likely to give to environmental organizations
79% more likely to contribute to arts and cultural organizations
78% more likely to give to healthcare/medical organizations
31% more likely to contribute to social care/welfare organizations

Average issue. Compared to all Washington metro adults. Source: Scarborough 2012, Release 1

XX520 3x5.25

Operation Blessing Offers Vets a Hand Up

A third generation veteran, Laura followed in the footsteps of her father and grandfather by serving in the U.S. Army. She was a tactical maintenance specialist during Operation Desert Storm.

"It was such a neat thing to be a part of defending our country and defending what we believe in," Laura said.

After a 10-year military career, Laura returned home to Texas. Unfortunately, she had developed severe back and joint problems. She had to go on disability and couldn't work full-time. But Laura wasn't about to let that stop her, especially since she was raising two children.

With a love for horses and ranch work, Laura took a part-time job as a therapeutic riding instructor, working with at-risk youth and disabled children.

"It's really helped me to connect with other people in need," Laura said.

But despite her best efforts, as a single mom, Laura's income wasn't enough to meet her family's needs.

"Each day was a struggle to get the food on the table, get the gas to go to school, get the kids to school, go to work," Laura said. "The bills were always behind and we were scraping for food —scraping for everything."

Then, thanks to Operation Blessing, Laura was able to receive food and relief to sustain her family in their greatest time of need.

"I was treated with dignity," Laura said. "This is something that can happen to anybody. It wasn't a hand out, it was a hand up."

"When those doors open to the Operation Blessing truck, that is hope that comes out," said Pat McDaniel, who works with one of the charity's partner organizations. "Every item that comes from Operation Blessing is helping someone's life. Laura came in with shame and embarrassment, but when I thanked her for being a veteran and serving our country, she put that pride back on," Pat added.

"Having someone that can help you step up and out of a bad situation, that's incredible, beyond incredible," Laura said.

"The families we support would have no help, no assistance and no hope without the food we receive from Operation Blessing. Our partnership with them means everything," said Mike McDaniel, who also works in conjunction with the charity.

Operation Blessing's domestic hunger relief program currently delivers more than two million pounds of free food and supplies each week to a network of more than 120 community-based partners in dozens of cities including New York, Los Angeles, Chicago, Atlanta, Washington DC, Tampa, Nashville, Asheville, Buffalo, and many more.

The products are then distributed by the partner organizations to roughly 4,400 local food pantries, where they are given to people in need— people like Laura in Texas.

Since its inception, Operation Blessing International (OBI) has distributed 1.3 billion pounds of food and relief aid, supplemented over 865 million meals, and transported 35,000 truckloads that have driven more than 28 million miles.

To learn more about Operation Blessing's relief efforts and how you can support OBI through the Combined Federal Campaign, please visit www.operationblessing.org/CFC

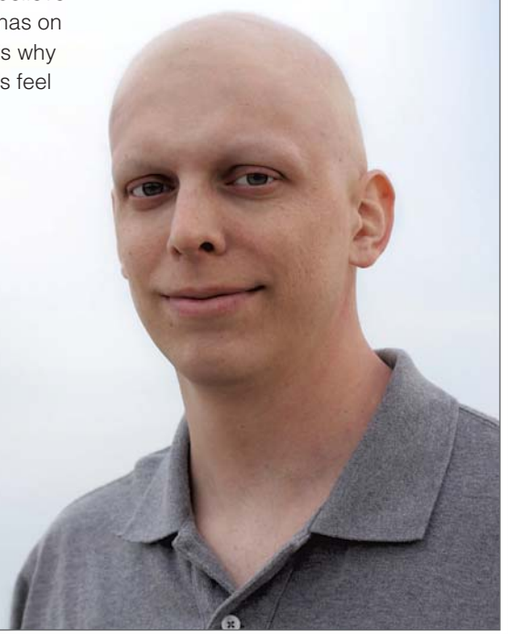
Advertorial content provided by Operation Blessing

It's About the Patients.

At The Gateway for Cancer Research,℠ we believe that cancer research is about the impact it has on helping patients, not interesting data. That is why we fund studies focused on helping patients feel better, live longer and be cured TODAY.

Pledge today.
CFC# 11719

99 cents of every dollar received funds leading-edge cancer research.



DEMAND CURES TODAY℠
THE GATEWAY FOR CANCER RESEARCH

DemandCuresToday.org • 888.221.2873

Veterans of Foreign Wars Foundation

Providing support for urgently-needed programs and services, such as free phone connections to U.S. troops overseas and emergency financial assistance for military families—both nationally and in your community.

Please designate us in your state/local employee giving, United Way or the Combined Federal Campaign

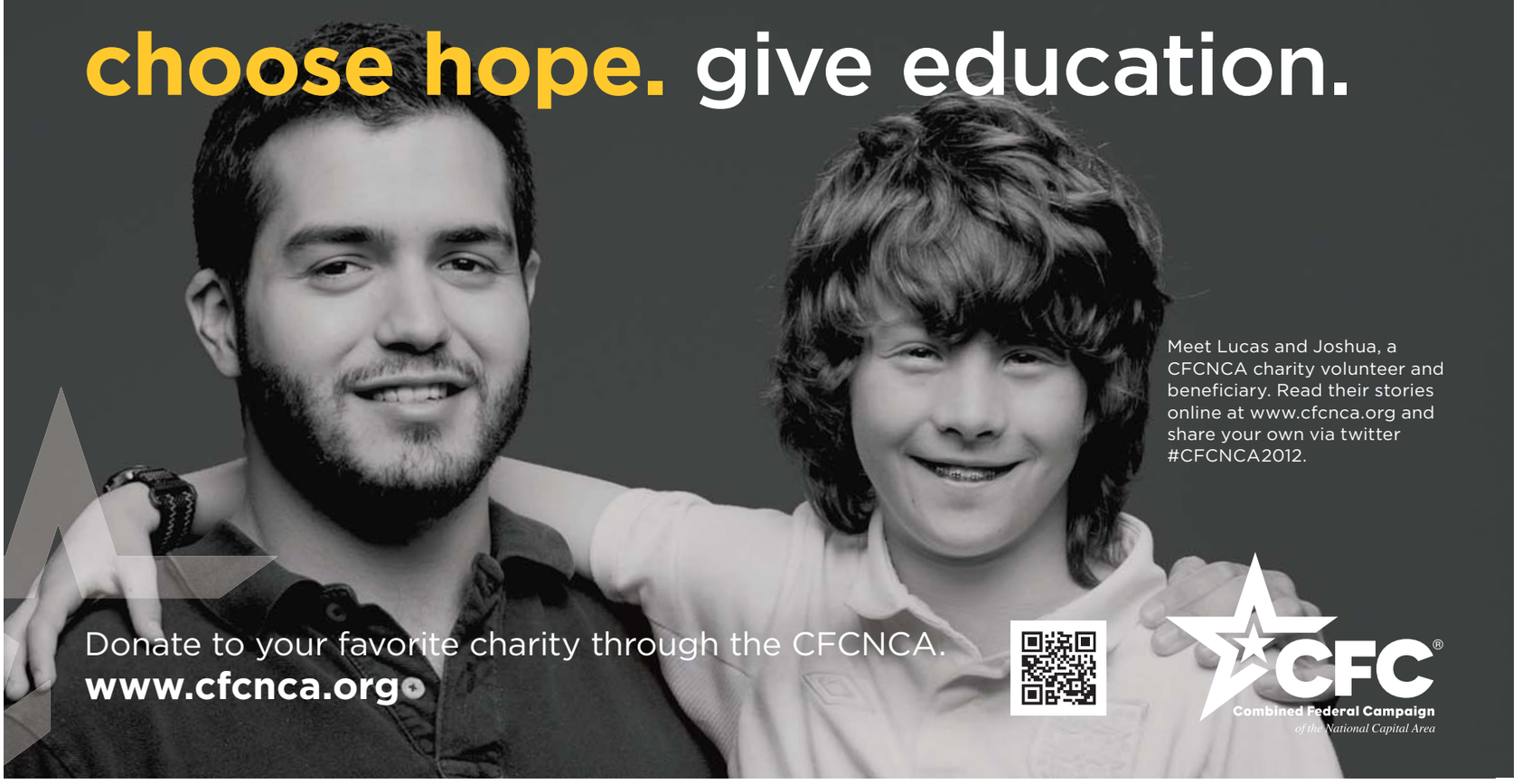
Don't they deserve our support? Let's return the favor!

BEST IN AMERICA — CERTIFIED BY INDEPENDENT CHARITIES OF AMERICA

CFC Combined Federal Campaign
CFC #10511

www.vfwfoundation.org
(816) 968-1128

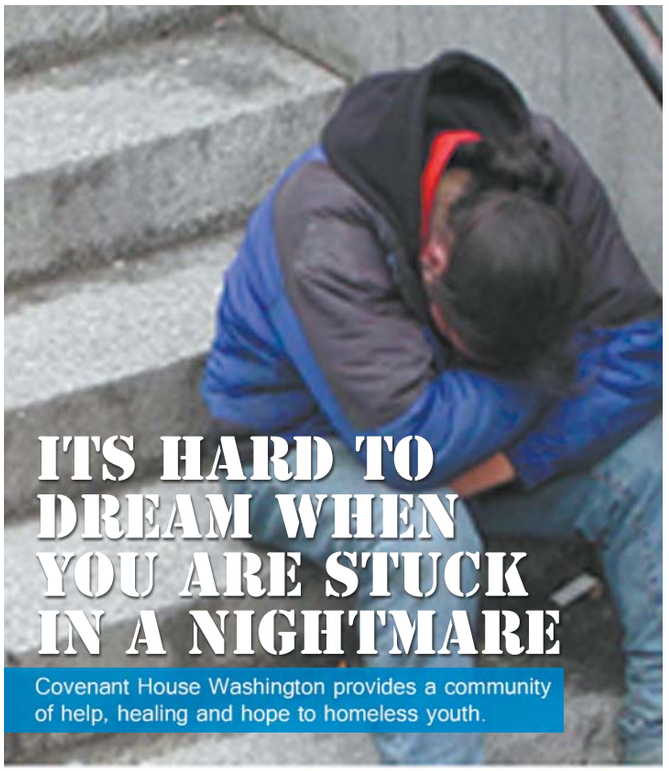
choose hope. give education.



Meet Lucas and Joshua, a CFCNCA charity volunteer and beneficiary. Read their stories online at www.cfcnca.org and share your own via twitter #CFCNCA2012.

Donate to your favorite charity through the CFCNCA.
www.cfcnca.org

CFC® Combined Federal Campaign of the National Capital Area



United Way
United Way of the National Capital Area
United Way NCA Designation Code
8865

CFC
Combined Federal Campaign
CFC Designation Code
65964

Opening Doors For Homeless Youth
Visit our website to learn more
www.covenanthousedc.org

Covenant House Washington

BEYOND RELIEF, WE'RE BUILDING HOPE

The keys to her future aren't attached to a parachute. They're in the hands of the community that surrounds her. After investing the time and effort to understand this simple truth, 25:40 has built programs designed to help rural African communities save their own orphans and vulnerable children. By working with communities, we're able to turn around young lives for less than $2 per day. It doesn't take a million dollars to save a child. It takes commitment, understanding, patience and love. Join us in building their futures, One Child At A Time.
www.2540.org

25:40

CFC #10868

THE SALVATION ARMY®

DOING THE MOST GOOD®

National Capital Area Command

District of Columbia
Northern Virginia
Suburban Maryland

TOGETHER, WE RESTORE LIVES
SALVATIONARMYNCA.ORG

PROUD MEMBER OF United Way of the National Capital Area 8700

CFC Combined Federal Campaign 98883

Join us for the Red Kettle Kick-Off | November 9th 12pm-1:30pm | Pepco Edison Gallery 702 8th St, NW

For nearly a century, City of Hope has been a model for scientific discovery and compassionate care for those facing cancer, diabetes and other life-threatening diseases. Among many breakthroughs, City of Hope's research has led to some of the most widely used cancer drugs and synthetic insulin used by millions with diabetes.

Help us continue our lifesaving work.

Please choose **CFC Code #11720**

City of Hope™
www.cityofhope.org

Blinded Veterans Helping Blinded Veterans Since 1945

IRAQ • WWII • VIETNAM

THREE GENERATIONS OF BLINDED VETERANS

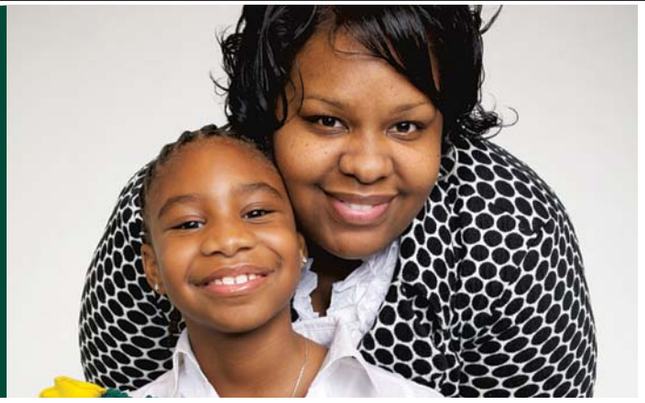
★ ★ ★

The Blinded Veterans Association (BVA) was established in 1945 to promote the welfare of blinded veterans. We are here to help veterans and their families meet the challenges of blindness. We are the only veterans service organization exclusively dedicated to helping blind and visually impaired veterans rebuild their lives.

BVA 800-669-7079 www.bva.org

CFC 10513

Bread for the City™
helping people
medical care · legal services
social services · food · clothing



Choose Bread for the City for your United Way or CFC Giving.

PROUD MEMBER OF
United Way
United Way of the National Capital Area
#8219

CFC® Combined Federal Campaign
#61733

donate.breadforthecity.org

F. E. W. Foundation for Education and Training

YOU are FEW!

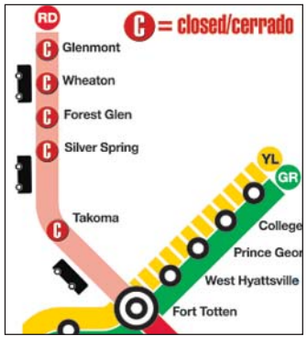
The Federally Employed Women Foundation for Education & Training (CFC #83798) offers online instructor led training courses for as low as $99.

www.ed2go.com/fewed
Instructor Led Courses

Join FEW TODAY!

* www.fewfoundation.org
* membership is not required to purchase discounted courses

TRACK WORK THIS WEEKEND



From Friday, December 7 at 10 p.m. to Sunday, December 9 at closing: Buses replace trains on the Red Line between Glenmont and Fort Totten, on the Yellow Line between Archives and Pentagon and on the Green Line between Archives and Waterfront while Metro rehabilitates platforms, renews ties and insulators, replaces switches, installs fiber-optic cable and performs an annual bridge inspection. For last train times or information about shuttle bus service, parking, alternate routes or track work on upcoming weekends, please visit MetroForward.com or call 202-637-7000.

metro forward
a better ride for you

SINGLE TRACKING THIS WEEKEND

BETWEEN

OR Stadium-Armory - Cheverly

BL Stadium-Armory - Addison Rd

OR East Falls Church - West Falls Church

Weekend train schedules are adjusted for MetroForward rebuilding efforts.
Please allow extra travel time.
For details, go to wmata.com/alerts.

nine simple numbers you learned by age 3

	6		1		4		5	
		8	3		5	6		
2								1
8			4		7			6
		6				3		
7			9		1			4
5								2
		7	2		6	9		
	4		5		8		7	

play su | do | ku
The fun addictive logic game—every day!

express
A Publication of the The Washington Post

XX182 5x4.5

Puzzles by Pappocom©. For solution, tips and computer program, visit www.sudoku.com.

express health directory

Volunteer for a VACCINE TRIAL at Children's National Medical Center.

We are looking for healthy DC area **adults 18-45 years of age** who have never had hookworm and are willing to participate in an investigational **vaccine trial** to help prevent hookworm disease which affects over 500 million people in developing countries.

25 hours of your time over 16 months can have an impact on Global Health.

For additional information regarding this research study, please contact:

Jonise Handy
(202) 476-3615
jhandy@childrensnational.org

Ted Miles
(202) 994-8976
tmiles01@gwu.edu

Participants will receive $25 per visit as compensation for time and travel to Children's National Medical Center

THE GEORGE WASHINGTON UNIVERSITY
WASHINGTON DC

Children's National Medical Center

Do you have type 2 diabetes?

Have you had a heart attack or stroke in the past 2 years? Or, do you have high blood pressure, high cholesterol, or circulatory problems?

If the answer is yes, and you are 18 years of age or older, you may be suitable to participate in a clinical research study. This study will look at whether an investigational medication (a new medication that is under development) is safe and effective in people with type 2 diabetes.

The study will last about 6 years and will involve approximately 23 visits to a study center and scheduled telephone calls. Suitable participants will receive study-related medication and health assessments at no cost.

To find out more, please contact:

Alexandria Clinical Research at (571) 286-8083 OR www.alexandriaclinicalresearch.com

GRAND-306 Study, Small Advert [V01 USA(EN)01]

grand 306
a type 2 diabetes clinical study

Does RESTLESS LEGS SYNDROME have you going in circles?

If you're experiencing symptoms of Restless Legs Syndrome (RLS), learn more about this medical research study of an investigational RLS drug.

Local doctors are currently conducting the CONCORD medical research study of a Restless Legs Syndrome (RLS) study drug. They want to evaluate an approved dose strength with two investigational lower-strength doses of the study drug compared to placebo.

If you are experiencing unpleasant sensations in your legs and the urge to move them, which are common symptoms of RLS, or have been diagnosed with moderate-to-severe RLS, we hope that you will consider participating in CONCORD.

To pre-qualify for the CONCORD study, you must be:

- At least 18 years of age
- Experiencing RLS symptoms for at least 15 nights in the month before beginning the study or, if currently receiving RLS treatment, 15 nights in the month before beginning treatment

All study-related visits, tests, and study drugs will be provided to participants at no cost. In addition, reimbursement for time and travel may be provided.

For more information about CONCORD, please contact:

The Center for Sleep & Wake Disorders
301-654-5665
research@sleepdoc.com
www.concordresearchstudy.com

CONCORD

Clinical research study for participants experiencing moderate-to-severe Restless legs syndrome

Park your browser here.

Concerts, movies, events, restaurants and more.

express nightout
expressnightout.com

XXI72 Ix2

For Advertising Please Contact

washingtonpost.com

For Advertising Contact
Catherine Falcomeni
202-334-5648
falcomenic@washpost.com

express health directory

Do you have NARCOLEPSY?

Have you been diagnosed with narcolepsy and are between the ages of 18 and 65?

A new research study is enrolling to test an investigational medicine for excessive daytime sleepiness associated with narcolepsy. Qualified participants will receive study-related care at no cost and will be compensated for time and travel.

For more information contact:

The Center for Sleep & Wake Disorders

301.654.5665 • research@sleepdoc.com

Chevy Chase, Maryland/Friendship Heights Metro

Our research team at the University of Maryland is currently working with the community to find solutions to the problem of risk taking among adolescents.

We are recruiting **parents** & their **children** ages **9-13** for participation in a research study.

You and your child will spend two hours at our center filling out questionnaires and completing two non-violent computer games.

Each parent will receive **$25** in cash for completing these forms and your child will receive **prizes** valued up to **$25** such as children's books, gadgets, and toys.

The study takes place at the Center for Addictions, Personality, and Emotion Research at the University of Maryland's College Park campus

If you are interested and want to know more about our study,

please call us at
(240) 688-8137
or email us at
caperchildstudy@umd.edu

Sponsored by the National Institute on Drug Abuse

YOU CAN COUNT ON express

Federal workers who read Express are 54% more likely to give charitably.

And since more than 1 in 5 Express readers are employed by the federal government, shouldn't you make your CFC appeal in Express?

This CFC season, reach those who give.

To place your ad, contact:

Peter Sande | 202-334-4385
sandejp@washpost.com

Average issue. Compared to all Washington metro adults. Source: Scarborough 2012, Release 1

XX520a 2x4

CALL FOR APPLICATIONS

The Washington Post

2013 Award for Excellence in Nonprofit Management

The Center for Nonprofit Advancement and The Washington Post are accepting entries from Washington metropolitan area nonprofit organizations who demonstrate outstanding achievements and innovative strategies in management.

The first place award carries a grant of $10,000, a scholarship to the Georgetown University Center for Public and Nonprofit Leadership's Nonprofit Management Executive Certificate Program and the organization will be recognized as the 2013 winner in an ad in The Washington Post. Honorable mention recipients will also be presented with a $2,500 grant.

THE DEADLINE FOR ENTRIES IS JANUARY 7, 2013

For an application or more information, visit www.nonprofitadvancement.org or contact the Center for Nonprofit Advancement at (202) 457-0540

A Program of:

center for nonprofit advancement

Sponsored by:

The Washington Post

Additional Support by:

Rotary Club of Washington, DC

Georgetown University
Center for Public & Nonprofit Leadership

XPP725_3x10.5

YOU can help inspire youth build the future

Donate to The Washington Post Charities Holiday Campaign

The Washington Post Charities is dedicated to increasing educational opportunities for at-risk youth throughout the Greater Washington Region. With your help, we can support nonprofit agencies with programs that enhance school curriculum for kids in elementary school through high school and encourage our youth to continue their education and make a college degree a reality.

Make a difference. Please give today.

Name _____

Address _____

City _____ State _____ ZIP _____

Daytime Telephone _____

E-mail _____

Enclosed is my donation for:
☐ $25 ☐ $50 ☐ $75 ☐ $100 ☐ Other _____

Payment Options:
☐ My check is enclosed, payable to: Washington Post Charities
☐ Please charge my credit card: ☐ Visa ☐ MasterCard ☐ American Express ☐ Discover Card

Card # _____ Expiration Date _____

Signature _____

Gifts of $100 or more donated prior to December 31, 2012, may be listed in The Washington Post.
To be included, you must indicate your preference:
☐ No, do not publish my information. ☐ Yes, publish my information.
Publish name as: _____
Mail to: The Washington Post Charities Holiday Campaign Processing Center
25256 Network Place, Chicago, IL 60673-1252

WPCHNC-AF

The Washington Post
CHARITIES
A McCORMICK FOUNDATION FUND

Give Now. Here's How.

CLICK www.washingtonpostcharities.com
CALL 800.518.3029
MAIL Return the form

XPP697 5X10.5

fit

Guinea Pig | Nighty Nightcap

The opposite of 5-Hour Energy? That'd be Celestial Seasoning's Sleepytime Snooz Natural Sleep Aid ($3, Celestialshots.com). The 2.5-ounce shot is supposed to be taken 30 minutes before bed. But leave enough time to choke it down — the blend (which includes valerian root, chamomile and melatonin) isn't a sweet dream. Good news: Our tester conked out 20 minutes faster than usual. Bad news: It still took two hours, and she woke up feeling drugged.

GOLD'S GYM
See your weekly Gold's Gym Trainer Tip on the next page.

Don't Chill Out!

The world is made up of warm-bodied and cold-bodied exercisers. The former are the ones you see running in T-shirts and short shorts in 20-degree weather. And then there are the rest of us, who depend on the kindness of the exercise garment industry to keep the winter chill at bay. This year's forecast calls for practically Antarctic conditions here in D.C., so you might want to snap up some of these finds. MARC SILVER (FOR EXPRESS)

PhD SmartLoft Divide Full Zip

$200, Smartwool.com: This is a midlayer garment: garbtalk for something you'd sport on its own if the temperature were, say, in the 40s, and maybe wear under a warmer jacket on a more frigid day. It has a quilted synthetic body vest on the front side to warm the core and a merino wool back and sleeves, designed to keep your body at the right temperature by wicking away sweat. The Full Zip kept my torso warm on a jog with temperatures in the 30s and a bike ride in the upper 40s, and my palms appreciated the thumbhole option. But since the wool sleeves are thin compared to the rest of the Full Zip, my arms needed 10 to 15 minutes to heat up. (On a not-too-cold day, I sweat through the wool, leaving me feeling fairly damp.) My wife, meanwhile, found another use for Full Zip. One Sunday morning, she donned it in our chilly kitchen and reported: "It's so comfortable. I feel like I've been warmed by a toaster."

Utopia Thermal Hooded Jacket

$120, Brooksrunning.com: "That's a sharp jacket," a co-worker said, admiring the black-and-gray plaid pattern on the slim-fitting hoodie. (Note to wife: When you said it looked like pajamas, you were wrong! And you can get the lady version for $110.) But the beauty of the Utopia isn't just its skater-dude hipster style. Made of 85 percent polyester and 15 percent spandex, the lightweight, pound-and-a-half jacket is a winter wonder. Even a bicycling test produced excellent results — with temps in the low 30s and frost streaking the grass, I didn't shiver once during a 40-minute outing. Kudos to the head-warming hood, the zippered side pockets, the mesh pouch for an MP3 player inside and the thumbholes to partially protect gloveless hands. I'm especially fond of the brushed, fleecy interior finish, which made running with just a T-shirt underneath feel super cozy.

For Her

1. What the Fluff Jacket ($248, Lululemon.com) sneaks warm goose down into a slimming silhouette with a fleece hood, thumbholes and a secret skirt that can cover your rear.
2. Nike Pro Hyperwarm Print Tights ($55, Nike.com) pair snow-bunny styling with a technology that traps heat, but not moisture.
3. Reflective Run Headband ($19, Athleta.com) keeps your ears covered, lets your ponytail fly free and makes sure you're spotted.

Winter Warm Tights

$85, Thenorthface.com: This is the ultimate pair of cold-weather man leggings ("meggings"). They're snug, but calf zippers aid in the donning and removal of the tights. The double-layer synthetic fabric with "VaporWick" finish does indeed draw off leg sweat and also carries built-in protection from ultraviolet rays. On a windy day run and a nippy morning bike ride, my legs were cold only for the first five minutes. There's a zippered pocket in the back for energy gels and other tiny items; I would have preferred more accessible side pockets. But you can add storage and modesty by slipping on a pair of shorts.

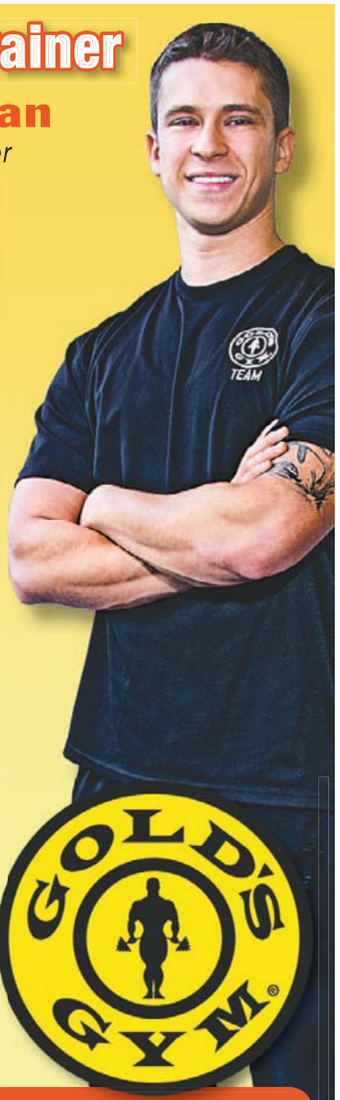
What about socks, you ask?

Don a pair of merino wool socks. Put your feet in plastic bags like the one your newspaper is delivered in. Put on another pair of socks. The bag creates a micro-climate that keeps your feet comfortable (albeit sweaty). So sometimes low-tech trumps the latest technical garment! M.S.

Meet The Trainer

Ross Bowman

Certified Personal Trainer
Merrifield Gold's Gym



Growing up, Ross was unhappy with his physique in comparison to others. After being introduced to bodybuilding, he became fascinated with his ability to improve his fitness through proper diet and weight training techniques. As a trainer, he is passionate about helping others change their body composition in order to develop their ideal build. Whether clients want to lose body fat, gain lean muscle mass, or even improve their strength to perform better in a sport, Ross is an expert at developing individualized programs to help them meet their goals.

Certifications:

- National Academy of Sports Medicine Certified Pesonal Trainer
- CPR/AED

To schedule an appointment with Ross or another Gold's trainer, come to a Gold's Gym location near you or visit our website.

GOLD'S GYM

Trainer Tip of the Week

Research shows that group settings are more successful for achieving weight loss goals. Gold's Gym leads the fitness industry with our variety and popularity of Group Exercises classes including Zumba, BodyPump, Cycle and Yoga. Don't wait until New Years Eve to make a "resolution" – start today by downloading a free 7 day VIP pass to get to know Gold's Gym. Our Group Exercise schedules for all 14 locations can be viewed on-line at **goldsgym.com**.

GoldsGym.com

JOIN IN DECEMBER $0 ENROLLMENT!

With select new Gold's Gym memberships. Agreement and waiver of liability must be signed for membership to be activated. Must be at least 18 and a local resident with valid ID. Not redeemable for cash. Participating Gold's Gyms only. Other restrictions may apply. Offer expires December 31, 2012. ©2012 Gold's Gym International, Inc.

baggagecheck

BEN CLAASSEN III

Keeping Up With Everybody

Q Why can't I stop comparing myself to everybody else? I was always self-confident in high school and even college. But now that I am approaching my 30s and engaged, it's like I constantly need to be reassured that my guy is the best guy, my job the most impressive, my body the fittest, my apartment the nicest, etc. I feel catty and jealous often now, even with close friends. INSECURE

Everybody has different definitions of self-confidence, and I want to go deeper into yours. My gut is that the seeds of this anxiety were planted long ago and you weren't as self-confident as you thought back in the day. (You're human!)

But even if you were, what's going on now probably means that something's under your skin. It could simply be the emotional transition to getting married that's forcing you to overdo the stock-taking of your life, but it could also be that something's not quite right with you, and you're falling into a depressive or anxious way of thinking. It could also be that there's a bad dynamic with your friends — or your fiance — that makes you question yourself. Counseling could really help you understand things further.

Can You Choose To Just Not Care?

Q My mother has had physical disabilities since I was a teenager. She's also been physically and emotionally abusive, both before and after becoming disabled. Honestly, I couldn't wait to get out, and I worked hard to put myself through college and create a life for myself. Now that my mother is less able to take care of herself, I'm under a lot of pressure from her sisters to move closer and take an active role in her care. I'm tired of being made to feel guilty for building my own life in spite of her abuses. DONE DAUGHTER

Before you draw any lines in the sand, you must think long-term. Your desire not to be very involved in your mother's care is understandable, and you have every right to build your own life, and I commend you for rising above the abuse.

But what's your ultimate desire here? What do you envision at the end of her life? Do you see yourself at her deathbed? Sorry to be morbid, but sometimes at the very end, people come to a place of forgiveness. You must also think of her sisters, who may have their own imperfect relationships with her and who may someday be a meaningful link to your heritage.

By Dr. Andrea Bonior

@ Send your questions to Dr. Andrea Bonior at baggage@readexpress.com. Andrea is a local clinical psychologist and author of the book "The Friendship Fix" (Friendshipfix.com).

Event Horizon

Catchy Jingle

The Jingle All the Way 8K ($35, Pacersevents.com/race/jingle-all-the-way-8k), the last big race in D.C. before Santa comes to town, makes some noise starting at 9 a.m. Sunday at Freedom Plaza. And it's not your only chance to jingle jangle this weekend. On Saturday, the Jingle Bell 5K for Arthritis is at Pentagon Row (Jinglebellrunmetrodc.kintera.org) and the Celtic Christmas 5K dashes around Fairfax Station (Boyleschool5k.weebly.com).

OK, Hold It Right There

Engage in circus-style stunts at Equinox's core conditioning class

Peek into a Core Values class at Equinox and you won't see anyone sweating profusely. There's no jumping. No weights. But it's one of the most intense offerings at the gym, warns instructor Adriane Morgan, because students need to be in total control of their bodies.

Work It Out

What It Is: Before you can strengthen your core, you have to find it. That's harder than it sounds — but easier once you assume "hollow body" position. "It feels like you've been punched," Morgan says. "Push in with your sternum and tuck your pelvis."

The goal is to hold this posture for the duration of the class, while rolling on the floor, hoisting balls into the air and balancing on parallette bars (mini versions of the parallel bars used in men's gymnastics). Sound like circus tricks? Bingo, says Morgan, who says this method is how acrobats learn to tap into those deep muscles.

Moves: The warm-up is designed to get you comfortable with this odd posture. You'll start on all fours, tucking your pelvis. Then you'll sit on your knees, tucking. Then comes a hip bridge, with more tucking. "Think about using your abdomen, not your tush," Morgan offered at a recent class, before things really got rolling.

TEDDY WOLFF/FOR EXPRESS

Core Values instructor Adriane Morgan assists student Sean Reineke with proper form on the parallette bars.

Students are expected to teeter-totter every which way — including lying on one side of the body while rocking front to back — to build up endurance for pelvic positioning.

Complete an intense wrist warm-up, pushups and other conditioning, and it's time for the three circuit stations: wall, ball, bars.

Exercises change each week, but the principles stay the same. At the wall, it's plank variations, such as walking your hands out in front of you. With a medicine ball, students practice balance, sometimes by holding it above their heads, standing on one leg and leaning back. The parallete bars are for learning how to lift your body off the floor with just your arms.

Workout: Everyone is pushing themselves to their limits. "You have to focus on body awareness," says Sean Reineke, 52, who's now able to hold himself on the paralletes in a pike position. "If you don't tie it all together, you can't do it."

Just attempting that feat is exhausting — and that's all that's expected. "If you can't do a lot, just try to understand the concepts," Morgan says.

Eventually, you'll be hard-core, too. VICKY HALLETT (EXPRESS)

Class Details

Core Values is offered at 10:45 a.m. Wednesdays and 4 p.m. Saturdays at Equinox's Bethesda location (4905 Elm St.). It's at 8:30 a.m. Tuesdays and 12:15 p.m. Sundays in Tysons Corner (8065 Leesburg Pike). For details, go to Equinox.com. V.H.

Train For Your Next Event with Team In Training
Now Forming Teams For
Lavaman Triathlon - Waikola, HI
Monticelloman Triathlon - Monticello, VA
Full & Half Marathon Training Programs Also Available

POTOMAC BEHAVIORAL SOLUTIONS
571-257-3378

Evidence-based treatment for **Eating** and **Weight Disorders**

Our team of licensed clinical psychologists and registered dietitians are accepting new appointments.

Offering services to children, adolescents, and adults

Our Services Include:

Maudsley Family Based Treatment
Eating Disorder Intensive Outpatient Programming (IOP Program)
The DC Metropolitan Region's only evidence-based Eating Disorder Intensive Outpatient Program
Individual, Family, and Group Behavioral Health Interventions for
Feeding Disorders • Anorexia Nervosa • Bulimia Nervosa • Binge Eating • Body Image Concerns • Trauma • Weight Management • Weight Loss Surgery • Anxiety and Mood Disorders
Nutrition Counseling
Weight Loss Surgery Psychological Evaluations
Consultation regarding Behavioral Health

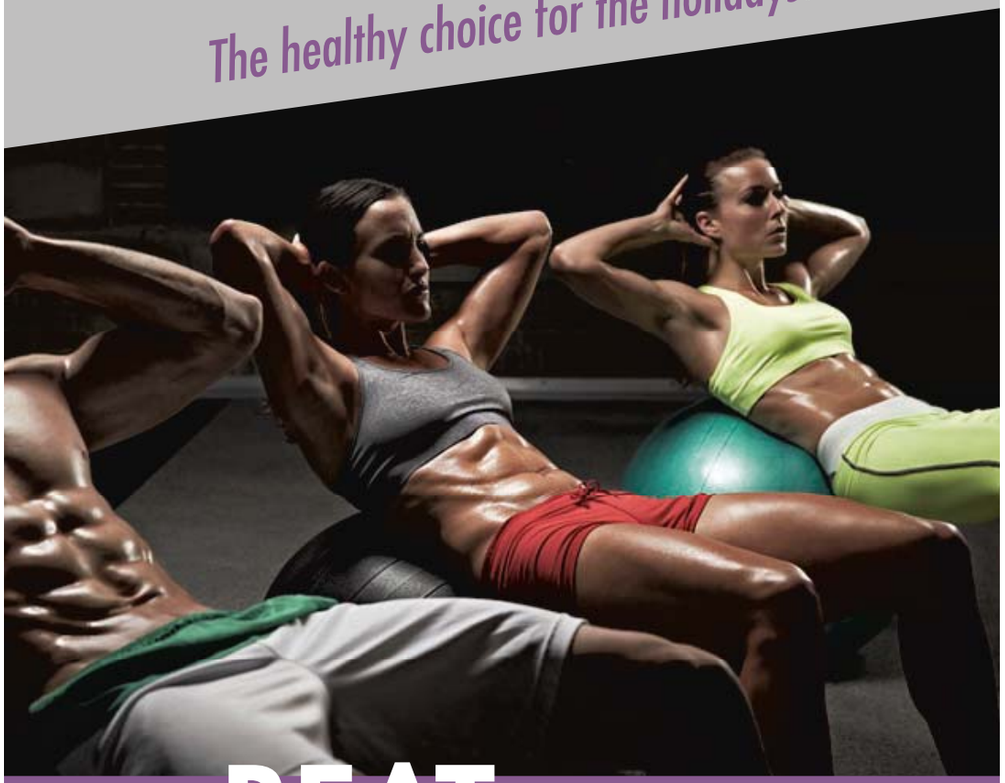
WHO WE ARE
Joanna Marino, PhD
Cara Schmid, PsyD
Sapna Doshi, PhD
Julie Bowman, MS, RD

Potomac Behavioral Solutions
2001 Jefferson Davis Highway
Suite 211, Arlington VA, 22202
(located one block from the Crystal City Metro)
571-257-3378
www.pbshealthcare.com
jmarino@pbshealthcare.com

DC Rider DOWNLOAD THE FREE iPHONE AND ANDROID APP.
XX609 3X.25

VIDA™ FITNESS

The healthy choice for the holidays!



BEAT *the* CALENDAR:

The earlier you join in December, the more you save.

Rates increase on January 1st

visit www.vidafitness.com

follow us.

fit nutrition

Recipe File

MATTHEW MEAD/AP

SOUTHWESTERN LATKES WITH CHIPOTLE YOGURT

Ingredients

- **1 pound sweet potatoes, peeled, coarsely grated and squeezed of excess moisture**
- **3/4 pound Yukon gold potatoes, peeled, coarsely grated and squeezed of excess moisture**
- **2/3 cup finely chopped scallions (white and green parts)**
- **2 large eggs, lightly beaten**
- **1/4 cup all-purpose flour**
- **Kosher salt**
- **6 tablespoons vegetable oil, divided**
- **1 cup nonfat plain Greek yogurt**
- **1 to 2 teaspoons minced chipotle pepper in adobo sauce, or to taste**
- **Pinch of sugar**
- **Fresh cilantro, to garnish**

Makes 12 latkes

Heat the oven to 350 F. In a medium bowl, combine the sweet potatoes, Yukon gold potatoes, scallions, eggs, flour and 1/2 teaspoon salt. Mix well.

In a large nonstick skillet over high, heat 1 tablespoon of the vegetable oil. Reduce the heat to medium and add 4 rounded 1/4-cup mounds of the potato mixture to the skillet, flattening each mound to a 3 1/2-inch circle. Cook the latkes for 2 minutes, then turn them over and add another tablespoon of vegetable oil. Cook, turning them several times, until golden on both sides, about an additional 4 to 6 minutes total.

Transfer the latkes to a rimmed baking sheet. Repeat the process with the remaining potato mixture and oil.

When all of the latkes have been browned, bake them on the middle shelf of the oven for 5 minutes, or until they are cooked through and tender. Sprinkle lightly with salt, if desired.

While the latkes are baking, in a small bowl, combine the yogurt, chipotle, a pinch of salt and a pinch of sugar. Stir well. To serve, arrange 2 latkes on each of 6 serving plates. Top each one with a dollop of chipotle yogurt and a fresh cilantro leaf. (AP)

In 2 latkes: 280 calories; 130 calories from fat (46 percent of total calories); 15 g fat (1.5 g saturated; 0 g trans fats); 60 mg cholesterol; 29 g carbohydrate; 4 g fiber; 6 g sugar; 7 g protein; 240 mg sodium.

Not So Fast!

Just because it's not a burger and fries doesn't mean it's good for you. Research published in the American Journal of Preventive Medicine showed that although the number of fast-food chains' menu options increased by 53 percent during the time period studied (1997-2010), average calorie counts didn't budge. In 2010, an entree and side dish averaged about 700 calories; the stats may have improved since then. (EXPRESS)

lookout

The Royal Spawn
Kate Middleton is pregnant with Prince William's first child 39

Sound Bets

ARISTA RECORDS

Strange Messenger

Patti Smith's music has been with me since my teens, when I also dutifully consumed Camus and Rimbaud in the classic moody-teen-girl search for meaning.

Until Saturday, I'd never seen Smith perform. I knew her through her records, particularly her visceral 1975 protopunk debut, "Horses."

By Shauna Miller

Late into her set at Ram's Head Live, she started into "Land," from "Horses," with its galloping verses about lust and death amid its "horses, horses, horses" refrain. The band segued into "Gloria," the first song on that debut record, the first sounds the world heard from Smith — now 65 — all those years ago.

The vibe in the place was rock 'n' roll gone to church. The crowd was a mix of old and young fans, but everyone there had an invisible, personal connection to these songs. Eyes were closed, faces turned up, hands in the air. Couples clung to each other. A girl to my right Watusied for her soul.

People bag on "Dinosaurs of Rock" tours for stupid reasons. Age has nothing to do with relevance or immediacy. I was hearing the mysterious truth of Patti Smith from her own lungs instead of my headphones.

@ Read Shauna's previous columns at: **expressnightout.com/soundbets**

MARVIN JOSEPH/TWP

Kirk Johnson, director of the National Museum of Natural History, gazes at Dom Pedro, a 10,363-carat aquamarine sculpture.

A Gem to Behold

Move on over, Hope Diamond. There's a new gem in town: the glittering Dom Pedro

Museums

Until Thursday, the Smithsonian's newest and perhaps most stunning earthly treasure will stay hidden behind a thick metal door, like that of a bank vault, deep in the heart of the National Museum of Natural History, inside the "blue room," whose shelves groan under heavy crystals of a thousand sparkling hues.

Out in the open and upright, Dom Pedro towers like a gemmy Washington Monument.

It's the largest cut piece of aquamarine ever known — perhaps 10 times the size of the next largest. It is 14 inches tall and weighs 10,363 carats (nearly five pounds). It's a gift of the earth, sculpted into a gem of outlandish proportions.

"Look at the clarity. Look at the color of the aquamarine here," says Jeffery Post, the museum's longtime curator of gems and minerals.

The eye cannot rest on Dom Pedro. It is drawn upward to the pyramid tip by an eight-fold set of climbing carved starbursts that flare and shimmer like the beating wings of iridescent angels.

Dom Pedro's sculptor, German gem artist Bernd Munsteiner, strives for "total reflection," Post says. Most gems are faceted on the outside — like the brilliant or diamond cuts seen in jewelry. Munsteiner instead cuts into his gems, sculpts internal facets to bounce every beam of gathered light back at the viewer.

> **"Think of the gemstones that could be cut from a piece like that. There's millions of dollars worth of aquamarine."**

"Think of the gemstones that could be cut from a piece like that," Post says. "There's millions of dollars worth of aquamarine in there."

Dom Pedro may as well be priceless. It's off the market forever, donated to the Smithsonian Institution last year by a collector couple, Jane Mitchell and Jeff Bland.

On Thursday, Dom Pedro — named after the first emperor of Brazil — will go on permanent display. Under spotlights in the entrance to the national gem collection gallery, Dom Pedro will shine like a beacon, a rival to the most famous gem in the world, resting not 30 feet away, the Hope Diamond.

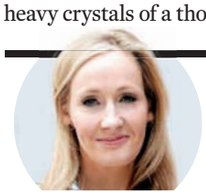
"This piece will become one of the highlights for the Smithsonian," says Jürgen Henn, former co-owner of Dom Pedro. "It is strong competition for the Hope. In rarity and purity, it is at least the same."

BRIAN VASTAG (THE WASHINGTON POST)

Backstory

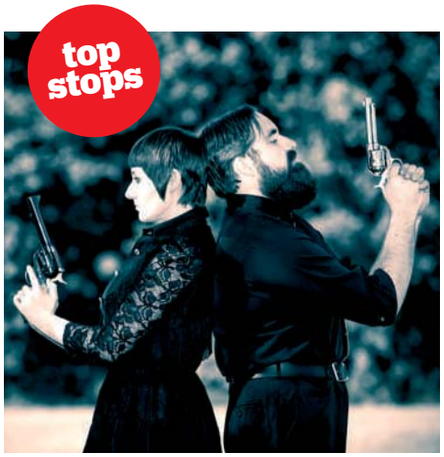
A Crystal Is Born

Like every gemstone, Dom Pedro's story begins in the craggy crust of the earth. A sister to emerald, aquamarine crystals are born in mineral-rich water. If the source water holds traces of chromium, the mineral grows green — that's emerald. But the area that grew Dom Pedro held iron, whose inclusion turned the crystal blue, or aquamarine. (TWP)



You Can Skip the Book Now: The BBC says it is turning J.K. Rowling's first novel for adults into a television drama. "The Casual Vacancy" is a darkly humorous saga of modern British life in which a local council election unleashes rivalries and resentments in a small town. BBC drama controller Ben Stephenson called the book "an extraordinary tapestry of modern Britain." The BBC said Monday that the adaptation is due to air in 2014. (AP)

lookout entertainment



JEFFREY FERGUSON

1 The Family Band

Jessica Lea Mayfield and David Mayfield have been making music together since they were children. When Jessica turned 15 and was ready to record, she turned to her then-21-year-old big brother to track her first EP, "White Lies," which was made in David's bedroom. The duo are now sharing the stage for their "Sibling Rivalry" tour. ***Jammin' Java, 227 Maple Ave. E, Vienna; Tues., 8 p.m., $15; 703-255-1566, Jamminjava.com.***

2 But It's a Very Sincere Tree

The National Christmas Tree is for tourists. REAL Washingtonians know that the power lies with the legislative branch and will be gathered at the Capitol tonight to see its own tree lighting. There's no big flashy concert, no tickets required — just a 73-foot Colorado spruce and a bunch of guys in suits. ***U.S. Capitol West Lawn; Tue., 5 p.m., free; Capitolchristmastree2012.org. (Capitol South)***

3 History Lesson

Since the AIDS quilt was displayed on the Mall during this year's Folklife Festival, the history (and future) of AIDS has been on our minds. Tonight, the Corcoran hosts Jim Hubbard's documentary "United in Anger: The History of ACT UP," a visual history of the AIDS Coalition to Unleash Power. ***Corcoran Gallery of Art, 500 17th St. NW; Tue., 7 p.m., free; 202-639-1700, Corcoran.org. (Farragut West)***

The HAMILTON LIVE

UPCOMING PERFORMANCES

SUNDAY, DEC 9 — 10AM & 12:30PM
LIVE GOSPEL BRUNCH
W/ HONORABLE VOICES OF PRAISE — $30

THURSDAY, DEC 13
WHEELER BROTHERS
W/ BRONZE RADIO RETURN

FRIDAY, DEC 14
JANE SIBERRY W/ LAURA BARON

MONDAY, DEC 17
EMILY KING
W/ SPECIAL GUEST NICK HAKIM

FRIDAY, DEC 21
THE NIGHTHAWKS

SATURDAY, DEC 22
EMPRESARIOS
W/ NAYAS & CONGO SANCHEZ

FRIDAY, DEC 28
YELLOW DUBMARINE - PERFORMING THE BEATLES #1s

SATURDAY, DEC 29
START MAKING SENSE
W/ GREAT WHITE CAPS

SUNDAY, DEC 30
LITTLE FEAT
NEW YEAR'S RUN

MONDAY, DEC 31
NEW YEAR'S CELEBRATION WITH LITTLE FEAT

14TH & F near Metro Center
@thehamiltondc
/thehamiltondc
202.787.1000

BUY TICKETS

THEHAMILTONDC.COM

ANAIS MITCHELL
W/ CUDDLE MAGIC
WEDNESDAY DEC 5

OS MUTANTES
THURSDAY DEC 6

A VERY CHAISE LOUNGE CHRISTMAS
LP RELEASE PARTY
FRIDAY DEC 7

WANDA JACKSON
W/ JONNY FRITZ
TUESDAY DEC 11

BOTOX $199/$9 unit*

Dysport $199
Guaranteed Results
Laser Hair Removal of Upperlip/Chin $45
Latisse $99
Spider Vein/Vericose Vein Removal
Restylane/Juvaderm
Minilift, Radiesse & Sculptura
All procedures performed by a Physician
DC 202-452-1332 MD 301-738-6766
VA 703-533-1025
www.vitasurgical.com
vita
SPECIAL ENDS SOON!

TM
THE TAILORED MAN
custom tailors | established 1969
Suits: $550, Shirts: $65
5243 Duke Street, Alexandria, VA
1750 Tysons Blvd. Suite 130, McLean, VA
Tel: 866-751-7868
goodfit@tailoredman.com
www.TailoredMan.com

learn ITALIAN in DC
@ Casa Italiana
Language School

Language and Culture, Art, Cooking Classes for Adults and Children

WINTER SESSION 2013
Starting January 6, 2013

3rd and F St NW DC
tel (202) 638-1348
M Judiciary Sq Metro

www.casaitalianaschool.org
info@casaitalianaschool.org

The Eczema Treatment Study is investigating how microbes on skin of patients with eczema (or atopic dermatitis), including bacteria and fungi, are affected by different standard treatments. With these studies, we hope to improve treatment of eczema. ***We are seeking participants who:***

- Are aged 2 to 25 years
- Have moderate to severe eczema diagnosed by a doctor.
- Have a primary care physician.
- Willing to travel to NIH Clinical Center for several weekly visits
- Willing to give a small blood sample.

Eligible participants will have their skin routinely evaluated and sampled, as well as have a consultation with a board-certified dermatologist who may provide treatment. Participants will be asked to collect samples at home to be returned to NIH.

How can you enroll your child?
For more information email: nihskin@mail.nih.gov or call 1-888-NIH-DERM (1-888-644-3376)

A Master's Degree That Focuses On Management Skills

Master of Science in Management
- Leadership, Federal Acquisitions & Contracts, Professional Communication, or HR Management
- Evening and accelerated course options
- Metrorail convenience
- Complete the program in as few as 12 months

INFORMATION SESSION: Thursday, December 6, 5:30–7 p.m.

For more information and to R.s.v.p., email metropolitan@cua.edu, visit http://metro.cua.edu, or call 202-319-5256.

THE CATHOLIC UNIVERSITY OF AMERICA
Metropolitan School of Professional Studies

Catholic University admits students of any race, color, national or ethnic origin, sex, age, or disability. If you need accommodations for a disability, contact us at the phone number listed above.

ADMINSTRATIVE ASSISTANT CHIEF ENGINEER LOCKSMITH ... TE AGENT ELECTRICIAN SECURITY GUARD SALES MANAGER RECEPTIONIST ... PARALEGAL TECHNICIAN ... GER TRAINE PHARMACIST COSMETOLOGIST COUNSELOR AIRCRAF MECHANIC SPEC ... ARCHITECT H

To advertise a job, call 202-334-4100.

express
expressnightout.com

XX180 2x1

TV tonight lookout

Best Bets

A&E 9:00

Storage Wars

The buyers can't resist making a few references to 1980s rap when they visit Compton, Calif., and neither can whoever gave this new episode its title: "Straight Into Compton: Biddaz With Attitude." Jarrod and Brandi find an unusual suit, while Dave Hester gets into a tight squeeze, and Barry checks out a vintage GPS system.

FX 10:00

Sons of Anarchy

The explosive fifth season of FX's relentless biker drama comes to a shattering conclusion tonight, with Jax (Charlie Hunnam, left) striking a new deal while ridding himself of old problems.

NBC 10:01

Parenthood

Sarah tries to help Hank (Ray Romano, right) mend fences with his family, straining her own relationship with Mark (Jason Ritter, left). Julia asks Kristina for advice on encouraging a frustrated Victor. Joel hires Ryan despite his lack of construction experience. (TRIBUNE MEDIA)

JEFFREY R. STAAB/CBS

'THE VICTORIA'S SECRET FASHION SHOW'

The No-Pants Dance

CBS 10:00

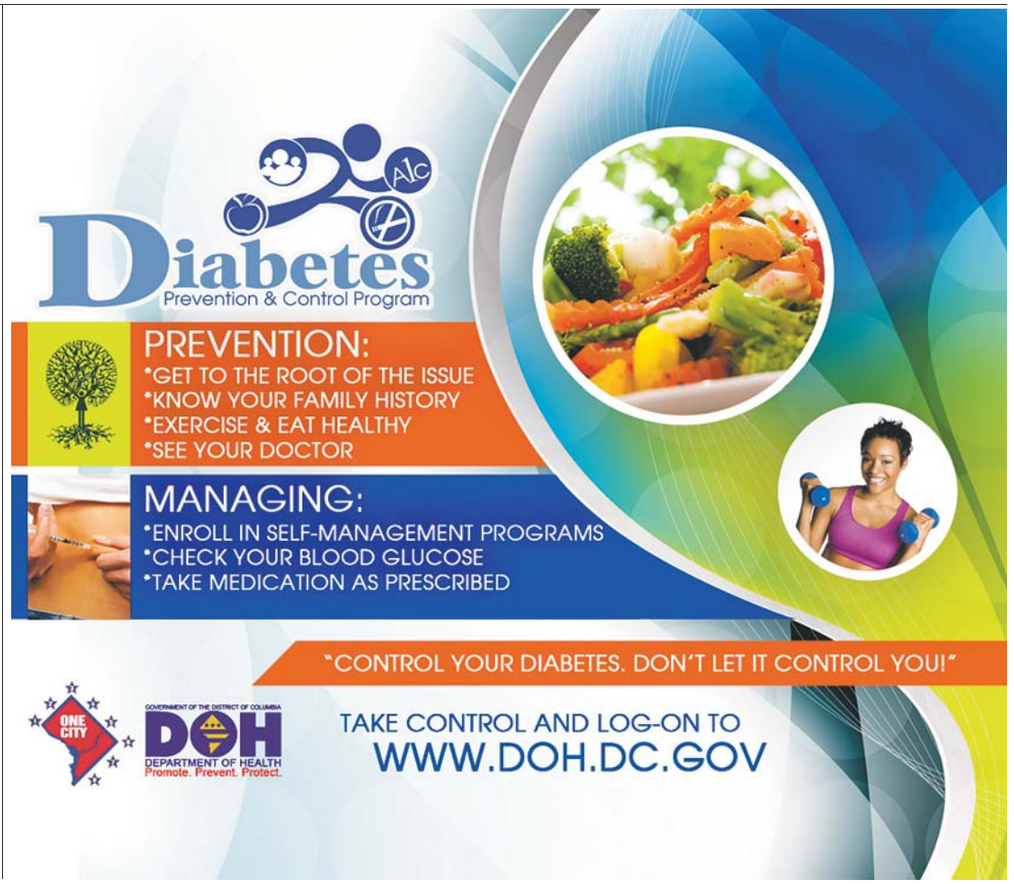
Justin Bieber, Rihanna and Bruno Mars will provide the music as the Victoria's Secret Angels — featuring lingerie models Adriana Lima, Alessandra Ambrosio, Candice Swanepoel, Miranda Kerr, Doutzen Kroes and more — walk the runway at this annual event in New York. Highlights include interviews, model profiles and a peek behind the scenes. (TM)

Reality

'Road' Warriors

Anyone who's ever been on a sports team knows that the trips to away games can be epic. "NFL Road Tested: The Cleveland Browns" (10 p.m., Travel) examines the nuts and bolts of moving, housing and feeding a professional sports team and traveling more than 20,000 miles over the course of a season. Like most things concerning logistics, the details can be both staggering and somewhat mundane. (UNIVERSAL ULICK)

The Capitol Deal
Today's Deal
capdeals
Washington bodywork studio
Save 50%
Washington Bodywork Studio
$45 for 1-Hour Swedish Massage ($90 Value!)
Give the gift of seasonal stress relief – for yourself or others – with the skilled massage professionals of Washington Bodywork Studio.
Van Ness – Washington, D.C.
This special deal only available for purchase until 11:59pm, 12/6/12. All Capitol Deals must be purchased at thecapitoldeal.com
XD074_a 2x5
Get local deals e-mailed to you, for FREE.
thecapitoldeal.com
Delivered to you by: The Washington Post



Reach over 300,000 readers daily

express marketplace

JOBS • RENTALS • HOUSES • WHEELS • STUFF • AND MUCH MORE...

To place a classified, call 202-334-6200.

To advertise a job, call 202-334-4100.

Credit cards accepted.

VISA MasterCard AMERICAN EXPRESS

XX653 1x10.5

JOBS

Automotive

Technicians

Craftsman auto body is seeking all skill level technicians at all 12 location in northern va. Commission based pay, health benefits, 40k,paid vacations. We are looking for highly motivated Body technicians who want to become part of a fast growing, high performance organization.

All applicants will be considered
Please email resume to:
gcrawford@craftsmanautobody.com

CONSTRUCTION
Masons & Laborers
Call 703-550-8880

COURIER/DRIVER
Needed for busyNo VA/DC/Balt. Courier Co. Exp. pref. Must have own car & a good driving record.
703-880-1913 or
vendors@excelgroup.com

Drivers
New year new career. CDL driver trainees needed now. Starting pay: 45k+. Local training available, FT/PT. Call now 1-800 251-3946

HEALTHCARE
Surgery Center – Woodbridge, VA
Registered Nurse
Lake Ridge ASC, musculoskeletal outpatient surgery center, is seeking registered nurses for Operating Room, Pre-op, and PACU. The successful candidate will have a minimum of 1 year experience in their clinical area. Prior ambulatory surgical experience preferred.

Operating Room Scrub Technician
The Operating Room Scrub Technician requires recent ambulatory or acute care experience; spine and orthopedic experience a plus! Certification is preferred but not required. Sterile processing or materials management exper. a +!
The center offers compensation commensurate with experience and a competitive benefits package – health, dental, 401k, AD&D, PTO, and holidays. Beautiful, new, state of the art facility!
Candidates email resume to Lisa Schriver
lisa.schriver@lakeridgesurgerycenter.com

IT
Software Engineers: MS degree w/ 1 yr. exp. Expertise in JAVA/J2EE Tech, Web Appl, RDBMS, SDLC, MVC & J2EE Design Patterns (DTO, DAO, MVC, Singleton, Business Delegate), PL/SQL, IDE. Travel/Reloc. Reqd. Send Resumes to UNIFY Solutions Inc. 4 West Rolling Cross Roads, Suite 9, Catonsville, MD 21228.

IT
UNIFY Solutions seeks IT professionals with BS degree in Comp/Eng/Sc/Business related with 5 yrs. of experience.
Lead Systems Analysts: Expertise in CRM ABAP, Web UI, Middleware and Development in SAP ERP 6.0.
Software Developers: Expertise in IBM Technologies (COBOL, DB2, JCL, CICS, VSAM, MQ Series), JAVA & Web Technologies, MS Visual Studio.Net.
Travel/Reloc req.
Send resume to UNIFY Solutions Inc.
4 West Rolling Cross Roads, Suite 9,
Catonsville, MD 21228.

RESTAURANT
Army Navy Country Club has immediate openings for several positions at our Arlington location. We are looking for highly energetic & enthusiastic Individuals for the following: **servers, server assistants, f/t bartender, p/t bartender, p/t banquet servers and hostesses.** All positions require flexible Schedule including weekends, holidays & evenings. Applications will be accepted in person Tues-Fri 11-4PM or submit resume: hr@ancc.org or FAX: 703-521-2647

RESTAURANT
Army Navy Country Club has immediate openings for **Line Cooks and Kitchen Support Staff** in our Arlington location. To apply in person: Tues-Fri from 11-4PM or Submit resume: hr@ancc.org or FAX: 703-521-2647

SECURITY
Army Navy Country Club has an immediate opening for **Security Guard** at our Fairfax location. Applications will be accepted in person Tues-Fri 11-4PM at our Arlington location or submit resume: hr@ancc.org or FAX: 703-521-2647

TELEMARKETERS - METRO ACCESSIBLE
Homefix is hiring for PT & FT positions. Hours are flexible. Usually btwn 12p-8p. Exp strongly pref but not necessary. Must have a good speaking voice & desire to succeed. Clean fun work environment w/ exc comm pkgs+hourly. Open interviews, wkdays at 3-4pm at **10301 Democracy Ln Suite 203, Fairfax VA. Call Nick 703-383-0400 or nroberts@homfixcorporation.com**

CAREER TRAINING

TRAIN FOR A CAREER AS A MEDICAL ASSISTANT AT EVEREST COLLEGE!
Programs and schedules vary by campus.
FINANCIAL AID AVAILABLE FOR THOSE WHO QUALIFY
CALL NOW!
1-888-259-5889
Visit us online at
www.SeeEverest.com
VA Schools are CTO SCHEV
For useful consumer information, please visit us at www.everest.edu/disclosures
Everest COLLEGE

GET CAREER TRAINING TO BE A PHARMACY TECHNICIAN AT EVEREST COLLEGE!
FINANCIAL AID AVAILABLE FOR THOSE WHO QUALIFY
CALL NOW!
1-888-249-8093
Visit us online at
www.SeeEverest.com
14555 Potomac Mills Road
Woodbridge, VA 22192
VA Schools are CTO SCHEV
For useful consumer information, please visit us at www.everest.edu/disclosures
Everest COLLEGE

NURSE ASSISTANT
Med Tech/CPR 19 Days
240-770-8251 OR **240-233-1226**

PHLEBOTOMY
Training workshops
Doctor's Help **301-567-5422**

Office Support Trainees Needed!
Train to become an Administrative Assistant at Career Technical Inst.!
No Experience Needed! Hands on Training & Job Placement Assistance!
Call for more details!
1-888-589-9684
CTI Career Technical Institute

MEDICAL ASSISTANT
In 10 Weeks
1-800-460-4138
CTO SCHEV

Medical Office Trainees Needed!
Become a Medical Office Professional now!
No Experience Needed! Hands on Training & Job Placement Assistance!
CTI can get you trained & Job Ready ASAP!
1-888-567-7685
CTI Career Technical Institute

CAREER TRAINING

Radians College can prepare you to enter the growing field of nursing.

Make a difference in:
- Nursing homes
- Hospitals
- Urgent care facilities
- Physicians' offices

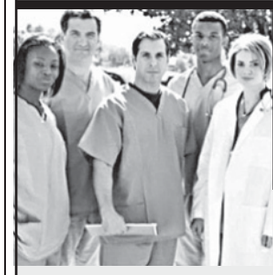
Our programs include:
- Licensed practical nursing
- Registered nursing

RADIANS COLLEGE
1025 Vermont Avenue N.W., Suite 200
Washington, D.C. 20005

Call Now: 1-888-445-6223 radianscollege.edu

GET PAID TO GO TO SCHOOL*

***UP TO $300 TRANSPORTATION ASSISTANCE AVAILABLE MONTHLY**
OPEN HOUSE DECEMBER 4TH



Financial Aid Available.
Job Placement Included.
Receive a Computer at No Cost to you.
Flexible Class Schedules.

AVAILABLE PROGRAMS:
- **MEDICAL ASSISTANT**
- **MEDICAL OFFICE ADMIN**
- **PC SPECIALIST**

4 MONTH LONG PROGRAMS AVAILABLE:
- **ELECTRONIC HEALTH RECORDS**
- **PC SPECIALIST LEVEL 1**

TECHNICAL LEARNING CENTERS
Call Now: (202) 223-3500
1720 I St. NW Suite 200, Washington, D.C. 20006
One block from Farragut North and West
Visit our Website: *www.tlc-corp.com*

All Programs Nationally Accredited By

CAREER TRAINING

Hands-on Medical Assistant Training!

Get the skills that Employers want today!

Job Placement Assistance! Financial aid available for qualified applicants.

Full program disclosures at careertechnicalinstitute.edu/disclosures

Career Technical Institute | 1101 Vermont Ave. NW Washington DC, 20005 | 1-888-234-1302 careertechnical.edu

Become a RECORD PRODUCER or RECORDING ENGINEER

Financial Aid For Those Who Qualify

THE OMEGA STUDIOS' SCHOOL OF APPLIED RECORDING ARTS AND SCIENCES
5609 FISHERS LANE
ROCKVILLE MD 20852 • 301-230-9100
www.omegastudiosschool.edu

One Year to a Career

One Year IT Training Includes:

- 6 Month Classroom Training
- 6 Month Corporate Internship
- IT Certifications
- Computer Repair & Help Desk
- Networking & Computer Applications
- Career and Alumni Services
- NOVA College Credits
- Sponsored Tuition

Applicants must be 18-24 year olds from DC, VA and MD with a High School Diploma or GED.
Classes are held 8:30 to 3:30 pm, Monday - Friday

Call 703-312-YEAR (9327), ext 1213
www.yearup.org

1560 Wilson Boulevard, Suite 200
Arlington, VA 22209
(Near Rosslyn Metro Blue/Orange Lines)

Open House Wednesday, 12/6

in partnership with

yearup NATIONAL CAPITAL REGION | NOVA Northern Virginia Community College

An evaluation funded by the federal government is being conducted to determine how Year Up helps people increase their skills and find jobs. There will be more applicants than spaces available in this program. Individuals who are eligible for the program and agree to participate in the study will be selected into the program based on a lottery.

CAREER TRAINING

MEDICAL ASSISTANT TRAINING
Local job training & placement assistance now available at CTI! 1-888-743-4320
Career Technical Institute

PHARMACY TECH
Trainees Needed Now
Pharmacies now hiring. **No experience?**
Job Training & Placement Assistance Available
1-877-240-4524

DENTAL ASSISTANT
Trainees Needed Now!
Dental Offices now hiring. No experience? Job Training & Placement Assistance Available.
1-800-678-6350

MED BILL & CODING
Trainees Needed Now
Medical Offices now hiring. **No experience?**
Job Training & Placement Assistance Available.
1-866-294-0466

MEDICAL LEARNING CENTER
DAY, EVENING & WEEKEND CLASSES:
L.P.N. Licensed Practical Nurse | **C.N.A.** Certified Nurse Assistant
medicallearningcenterva.com
703-527-0055 • Certified SCHEV • Approved VBON

Medical Assistant Program
Job Placement Available
Call Today **202.223.2500**

Become an Electronic Health Records Specialist in 4 Months
Call **202.223.3500**

Why be Ordinary When You Can beextraordinary
medtech
Falls Church (main)
Silver Spring (branch)
Washington, D.C. (branch)
Not all programs available at all locations. For useful consumer information, please visit us at www.medtech.edu/consumerinfo. SCHEV has certified Medtech, located at 6565 Arlington Blvd. Suite 100 Falls Church, VA 22042 to operate in Virginia.
Call Now **1-877-691-9494**
aboutmedtech.com

PHLEBOTOMY
In 10 Weeks
1-800-417-8954
CTO SCHEV

Computer Repair & Help Desk Trainees Needed!
Train for a career in Computers at CTI!
No Experience Needed!
Hands on Training & Job Placement Assistance!
Get the IT skills you need for the job you want!
1-888-567-7649
Career Technical Institute

BUSINESS AND FINANCIAL OPPORTUNITIES

BAD/NEGATIVE CREDIT
Removed from Credit Report. Guaranteed or or your money back. 202-775-6932

expressnightout.com XXUT2 4x25

expressnightout.com XXUT2 4x25

STUFF

6PC Bedroom Cherry Set. New in boxes $305. Can Deliver. 301-399-7870

COMPUTERS $99 WIFI LAPTOPS $149 VA:703-370-5440 MD:301-931-6630 WWW.PCRETRO.COM

PERSIAN RUGS Antique, Embassy size. Kashan & Kerman. **Call 703-531-9611**

Pillowtop Qu mat. set. Value $289, Asking $130! 3Pc king pillowtop mat. set Value $499, Asking $230. New in Plastic. Can Deliver. 301-343-8630

SMALL COLLECTOR PAYS CASH FOR COINS/COLLECTIONS. Call Al, 301-807-3266 Will Come to you!

SOFA LOVE SEAT - Value $499, Sell $285. SECTIONAL- Value $799, Sell $385. Both brand new in packaging. Must sell. Call 301-343-8630

PETS

ADOPTA CAT/KITTEN
Vet checked. Call Feline Foundation.
703-920-8665 **www.ffgw.org**

rottweiler—$1000-1200 or OBO, 1 male & 1 female, 7 weeks yrs old, 301-423-5120 last two left AKC eligible

DC RENTALS

DEANWOOD - 3 bedroom + den, 1.5 bath. $1,667/month + utilities. 4636 Hayes St NE. Section 8 welcome. Call **202-397-6058**

'Tis The Season To Save Money On Spacious 2 & 3 Bedrooms

Submit an application and Move-In by Dec. 31st and You Can Pick Your Special
1 Month's Free Rent (2nd Month of tenancy) or $100 OFF for 12 Months/ $0 Application Fee
$99.00 Holding Deposit due at time of Application
*Income Restrictions Apply

Carver Terrace
1909 Maryland Avenue #101, Washington DC 20002
888-646-1798 **Qualified Applicants

It's the Season to be Jolly
Paradise at Parkside has a *GREAT SPECIAL* on 1 & 2 bedroom apartments.
APP Fee $25.00 per adult, 18 years or older.
Security Deposit $350.00 to month's rent, if qualified. MUST move-in on or before Dec. 31st.
To qualify, please visit our leasing office for specials.

Paradise at Parkside
M-F 8:30-5:00
Open Saturdays by appt. only
3551 Jay St. NE • Washington, DC 20019
202-388-0274

3533 Ames St NE DC- AMES Street Apts Newly Renovated, Hardwood floors, close to Minnesota Ave Metro. 1bd apts $725 Must income qualify $26,000 minimum, good rental history. Call Ashley at 202-315-1118

NE DC - 2 Very nice 1 BR apt's, near Minnesota Ave subway & bus line. Available for immediate occupancy. Section 8 accepted. Call **202-832-4754**

DC RENTALS

DAHLGREEN COURT
HOLIDAY SPECIAL
STUDIOS ONLY
1 Month's Free Rent with signed lease by Dec. 20th
$925-950
If you sign a lease for a studio receive a gift card
202-618-8092

NE- Green Valley Apts - 2412 Franklin St NE Beautiful garden apts. Now accepting applications for efficiency units only. For seniors 62 and older & persons with disabilities. Laundry facility on site, upgraded kitchen & baths, off-street parking, secured entrance. Near Metro. Apply in person on 12/5/12 btwn 9am-11am or 1pm-3pm. Section 8 waiting list open, no calls please.

NE- Huntwood Court. Under new management. 1BR $840. 2BR $935. 5000 Hunt St NE. Bring ad, No application Fee! **202-399-1665 NMI Prop Mgmt.**

HILLCREST HOUSE APARTMENTS
2501 25TH STREET, S.E. • WASH. D.C. 20020
- Wall to wall carpet
- Central A/C
- Laundry room
- FREE gas heat & cooking
- Secured entry
- Ample parking
- Near green line Metro

1BR-FROM $795-$850
Mon-Fri 9-5
Delwin Realty
202-889-3000 • 301-577-7917

FREE GAS HEAT, GAS COOKING & WATER
1 BRS $775
2 BRS $875
3 BRS STARTING FROM $1200
Central A/C, Convenient to Green Line Metro, Onsite Laundry, Parking, Vouchers Welcome

GREENWOOD MANOR APARTMENTS
M-F 8:30 - 5 PM, S 10 - 2 PM
202.678.2548
2343 Green Street SE • Wash. DC 20020
WWW.DELWIN-REALTY.COM

SAVANNAH HEIGHTS
1 Month FREE*
2 Bedrooms from $1,200*
Washer/Dryer
Gated Community
Wall-to-Wall Carpeting
FREE Off-Street Parking
877.700.0887
savannahheightsapts.com
*Limited time offer, call for details
EQUITY MANAGEMENT
SOUTHEAST, DC EHO

SE- 13th St. 2 BR from $825 + utilities. No Pets. Section 8 ok. **Call 202-388-3900x 10 or 202-438-3499**

SE-154 Xenia St SE. 1 & 2 BR Starting @ $775-$925 + gas & elec. Secure bldg, pvt pking, CAC/heat, on site laun. **Delwin Realty 202-561-4675**

SE - 2nd St., 3BR 2BA, from $1505+ util, w/w carpet, laund. sec 8 ok, no pets, Call **202-388-3900 ext 10**

DC RENTALS

NEED EXTRA MONEY THIS HOLIDAY SEASON
1Br - $765.00
Move In by 12/1 Receive (1) Month Free Rent
1BRs Only
Anacostia Gardens
3600 Ely Place S.E., Wash. DC 20019
- Spacious 1, 2 & 3BRs
- Central AC/Heat
- 24 hr onsite laundry facilities
- Resident controlled access
- 1 Block from metro & shopping
- Across the street from park & recreation
- Free gas & heat

(202) 584-2241
M-F 9-5 • SAT 10-2
EQUAL HOUSING OPPORTUNITY

FRIENDSHIP CROSSING APTS.

Brrr--
It's cold outside, but you'll be warm & cozy with FREE GAS HEAT

Minutes to 295, 395, 495 and Downtown DC. FREE HEAT, GAS, WATER, W/W Carpet, Modern Kitchens/Breakfast Bar, Gated Community, Laundry Facility in every bldg
Ask About Our Specials
866.759.0564
Professionally Managed By CIH Properties, Inc.
EQUAL HOUSING OPPORTUNITY

THE LATROBE
MOVE-IN SPECIALS!
Studios from $1,742
1 Bedrooms from $2,069
2 Bedrooms from $2,465
202-719-5136
www.LatrobeApts.com
1325 15th St. NW, Washington, DC 20005
Professionally Managed by OP Property Management, LP

MARBURY PLAZA

2300 Good Hope Rd. SE
Washington DC 20020
Welcome to Marbury Plaza Apartment, the new Anacostia! Minutes away from shopping, entertainment and the new stadium. Leave your car at home because public transportation is at your doorstop. Relax in your new home and enjoy breathtaking views of the radiant District of Columbia!
Studio-2BRs Starting at $898
202.678.0700
www.Marburyplaza.com
EQUAL HOUSING OPPORTUNITY

SE- 4196 Livingston Rd. Quiet 2BR, CAC, w-w carpet, **$880 + utilities. Call 301-952-6495**

SE-4219 1st St. SE Large 2 BR apt, Secure bldg, laundry on site off street pking $850 + elec. **Delwin Realty 202-561-4675**

SE DC- 1, 2 BR Apts. Central Air & heat, wall to wall carpet , W/D, Sec 8 ok, Starting at $1200. **For info call Jerome 202-321-5596**

SE DC - Very nice 3 bedroom apartment, near bus line. Immediate occupancy. $1500/month plus electric. Will accept Section 8. Call **202-528-7378**

S.E./Forest Cove —2BR condo, W/D, CAC. $900 plus utilities and up. Call **202-889-9226**

SE- Furn room, w2w crpt, CAC/heat, near bus. $165/week util incl. **202-399-0396 OR 202-207-5569**

SE- Hanover Court. Under new management. 1 BR $750. 2 BR $820. 2412 Hanover St. SE. **202-506-6416 NMI Property Management**

DC RENTALS

SE- NEWCOMB ST - 2BR/3BR from $825 + electric. Sect. 8 welcome. **202-388-3900 x10 or 202-438-3499**

BANNEKER PLACE
APARTMENTS

CRANK IT UP THE HEAT'S ON US! HOT SPECIALS*
Free gas • Hot water • Heat
$10.00 App. Fee
$99.00 Sec. Deposit*
*For Qualified applicants only
1-BRS. $815 2-BRS. $915
(202) 584-1688
3738 D St. SE 20019
Professionally Managed By CIH Properties, Inc.
EQUAL HOUSING OPPORTUNITY

The Perfect Price at the Perfect Location
CAPITOL PARK PLAZA
All Utilities Included!
1.877.870.0243
*Max. Income Qualifications:
1 pers. $45,180
2 pers. $51,600
*Restrictions apply**.
201 I Street, SW • Washington, DC 20024
Located Near The S.W. Waterfront
M-F 9-6pm • Sat. 10-5pm
EQUAL HOUSING OPPORTUNITY

SW- 4750 S Capital Terr. Efficiency newly renovated, private entrance, near metro. **$575+ gas/elec. 202-561-4675 Delwin Realty**

SW- 4762 S Capital Terr. 2BR, 1BA, hdwd, priv entr, nr metro. **$850+ gas/elec. 202-561-4675. Delwin Realty**

SW - Madison Court. Under New Management. 1 BR $785, 2 BR $885. 32 Chesapeake St. SW **202-561-7368 NMI Property Management**

SW- Sec 8 OK. **Deluxe 4 BR**, 2BA w/ceramic tile, CAC, laundry rm, new hdwd flrs & kit cabinets. **$1950 + gas & elec**. No appl fee. **301-379-9489**

Waterfront—$2350, 2 bedrm, 2 ba, 1 Fls, 1425 4th St. SW, Nr Metro, Ft.McNair,Pool,Riv.View. Parking. 202-737-1177

MD RENTALS

EVERYONE IS A WINNER at Addison Chapel Apartments
Free Accent Walls, Home Décor and Much More!
Call or Stop By for Details
1525 Elkwood Lane • Capitol Heights, MD 20743
(866) 574-7408
INSTANT PRE-APPROVAL
1 BR from **$889** • 2 BR from **$1009**
ALL UTILITIES INCLUDED for a small fee
www.addisonchapel.com
SCOTT MANAGEMENT
*Prices subject to verification
EQUAL HOUSING OPPORTUNITY

Concerts, movies, events, restaurants and more.
express nightout
expressnightout.com
XXI72 lxl.5

expressnightout.com XXI72 lx.25

MD RENTALS

OXON HILL
FREE UTILITIES
- Swimming Pool
- Private balconies and patios
- Minutes to The National Harbor

Call Now For Our **FANTASTIC SPECIALS!**
COLONIAL VILLAGE
908 Marcy Ave. • Oxon HIll, MD 20745
888-583-3047

HYATTSVILLE
FREE UTILITIES
- Spacious and modern apartments
- Wall to wall carpet
- Dishwasher
- Private balconies/patios

Call Now For Our **FANTASTIC SPECIALS!**
FLETCHERS FIELD
5249 Kenilworth Ave. • Hyattsville, MD 20781
866-805-0782

LANDOVER
FREE UTILITIES
- Walk to Metro
- Walk to Elementary School
- Daycare on Premises
- Mins. from Wegmans

Call Now For Our **FANTASTIC SPECIALS!**
KINGS SQUARE
3402 Dodge Park Rd. • Landover, MD 20785
877-898-6958
www.kingssquareapartments.com

LANDOVER
GATED COMMUNITY
- Free gas and water
- State-of-the-art fitness center
- Licensed Daycare on Premises
- Right by the new Wegmans

Call Now For Our **FANTASTIC SPECIALS!**
MAPLE RIDGE
2252 Brightseat Road • Landover, MD 20785
888-583-3045
www.mapleridgeapartments.com

RIVERDALE
GATED COMMUNITY
- Fitness center on property
- Beautiful kitchens
- Washer/Dryer
- Outdoor & Indoor Pools

Call Now For Our **FANTASTIC SPECIALS!**
PARKVIEW GARDENS
6400 Riverdale Road • Riverdale, MD 20737
888-251-1872
www.parkviewgardensapartments.com

RIVERDALE
1, 2 & 3 BR APTS.
HUGE 2 BR TOWNHOMES
- Roomy, modern apts.
- Private balconies/patios
- Cathedral ceiling

Call Now For Our **FANTASTIC SPECIALS!**
RIVERDALE VILLAGE
5409 Riverdale Road • Riverdale, MD 20737
800-767-2189

EQUAL HOUSING OPPORTUNITY
Free 6-Week Summer Camp.
Come Visit Us: Mon. thru Fri. 8 am - 5 pm • Sat. 10 am to 4 pm • Sun. 12 pm - 4 pm

MD RENTALS

Woodland Springs Apartments
- 1 BR Starting at $830
- 2 BR Starting at $950
- 4 BR Starting at $1530

Free Application FEE w/AD
- Spacious Floorplans
- Minutes to Metro
- Sparkling pool
- Clubhouse/rec room
- Large laundry facilities

Security Deposit As low as $350 or 1st month's rent (based on credit history)
301-760-4270
6617 Atwood Street • District Heights, MD 20747

FT WASH-1BR, utils incl. On bus line. Close to shopping, metro, AAFB. $650/mo. Avail Now. **240-601-4839**

Gaithersburg
SECTION 8 OPEN WAITING LIST
APPLICATIONS TAKEN
Tuesday 12/4 & Wednesday 12/5
10AM-1PM Only
MUST APPLY IN PERSON WITH PHOTO ID TO:
MONTGOMERY CLUB
204 WATER STREET #100
GAITHERSBURG MD 20877
Mont-Club@GradyMgt.com
GRADY MANAGEMENT, INC.
Exceptional People. Exceptional Communities.
EQUAL HOUSING OPPORTUNITY

MD RENTALS

HYATTSVILLE
CASTLE MANOR Apartments
1 & 2 Bedroom Apts. from **$830**
- Ceiling Fans • Lovely Setting
- Near the New ARTS DISTRICT
- Close to Shopping & Metro

Move-In Special! 1st Month Rent Only $599 (With a 12 Mo. Lease)
EQUAL HOUSING OPPORTUNITY
866.464.0993

HYATTSVILLE OGLETHORPE CONDO
1 BR, wall to wall carpet. Utils Incl. Top floor $1,100
571-230-3286

HYATTSVILLE
FLEETWOOD VILLAGE APTS.
- FREE WATER, GAS HEATING & COOKING
- **FREE APPLICATION FEE** (with this ad)
- Right on DC and Maryland line
- Close to Fort Totten & West Hyattsville Metro
- Free 6 wk summer camp
- Convenient to shops, schools and I-495

Call Now For Our **FANTASTIC SPECIALS!**
721 Chillum Road • Hyattsville, MD 20783
866-315-8849
EQUAL HOUSING OPPORTUNITY

expressnightout.com XXI72 lx.25

MD RENTALS

HYATTSVILLE ARTS DISTRICT
MOVE-IN SPECIAL
1ST Month's Rent $599
When you sign a 12 mo. lease
GARFIELD COURT
On residential street next to DeMatha HS
Off-st parking -Ceiling Fans
(tenant pays electric)
301-779-1734

Hyattsville **866.507.2283**
Summer Ridge
1829 Belle Haven Drive, Hyattsville, MD 20785
Security Deposits From $250
- Electronic entry building system
- Free business center
- Free after school program
- Metro Accessible
- Bring in ad to rec. free app. fee

*Income Qualifications

# Occupants	Maximum Income
1	$44,580
2	$50,940
3	$57,300
4	$63,600

**Limited Availability
www.summerridgeapartments.net
summerridgeleasing@comcast.net
Edgewood Performance. People. Pride.
* w/approved credit
EQUAL HOUSING OPPORTUNITY

expressnightout.com XXI72 lx.25

MD RENTALS

Discover one of Silver Spring's best-kept secrets.

Newly Renovated 2 Bedrooms

PADDINGTON SQUARE
8800 Lanier Drive
Silver Spring, MD 20910
240-752-6947
www.paddingtonsquare.com

EQUAL HOUSING OPPORTUNITY

*Limited time offer. Income restrictions apply. Apply today.

MD RENTALS

ARDEN POINTE
Laurel, MD
1, 2 & 3 BRs from $990

- Washer/dryer in every apartment
- Eat-in kitchens
- Fitness center & clubhouse coming soon
- Pet friendly
- Minutes to I95 & B/W Pkwy

EQUAL HOUSING OPPORTUNITY

THE DONALDSON GROUP | 301.850.4480
13301 Arden Way #21

MT. RAINIER
Arundel Apartments
301-277-6202
MOVE IN SPECIAL
1st Mo. Rent only $599
(when you sign a 12 mo. lease)
Super Convenient Location
Close to shops & rec. ctr
1BR, $880. 2BR $980.
Utilities & Capet Included!
(A/C Extra)

OXON HILL
UNDER NEW MANAGEMENT
Come view our newly renovated 1 & 2 bedroom apartments with spacious floor plans, huge walk-in closets, wall-to-wall carpeting & laundry care facilities in every bldg.
Ask About our floor plans with dens.
We are conveniently located within walking distance to the Southern Ave Metro Station and Metrobus stops right at your front door.
Call today to arrange a tour of your new home!
Forest Hill Apartments
301-894-7800

Concerts, movies, events, restaurants and more.
express nightout
expressnightout.com
XXI72 lxl.5

MD RENTALS

OXON HILL
$0 Application Charge
Instant Pre-Approval
ALL CREDIT/FORECLOSURE
RENOVATED Apartments
Free Shuttle Bus Service
CALL FOR MORE INFO
(888) 801-3692

East Pines Terrace
6747 Riverdale Rd. Riverdale, MD 20737
- **All Credit Considered**
- **Hardwood Floors**
- **Central A/C**
- **Laundry Room**
- **Gas Heat & Cooking**
- **Near I-295**
- **Vouchers Welcome**

1-2 BRs From $925
M-F 9-5 • Sat. 10-2
Delwin Realty
301-577-7917

SILVER SPRING
Brand New Apartments at the Silver Spring Metro!
solaire
- Gourmet kitchens with stainless steel appliances
- 42" maple cabinetry, granite countertops.
- 100% non-smoking community
- Full-service concierge
- Resort style pool & rootop deck

Studio, 1BR, 1 BR/Den, 2BR 2 BR/Den
OPEN HOUSE WED. DECEMBER 5
1150 Ripley Street Silver Spring, Md. 20910
866-523-2575

Concerts, movies, events, restaurants and more.
express nightout
expressnightout.com
XXI72 lxl

MD RENTALS

SILVER SPR/Forest Glen Metro
Move In Special
1st mo. rent $599
(on a 12 mo. lease)
One & Two BR fr. $950
Forest Glen Apts.
301-593-0485
Close to the Forest Glen Metro
Off-Str. Prkng/Controlled Access
Ceiling Fans
Housing Vouchers Welcome
UTILITIES INCLUDED

Shadyside Gardens

1 Brs $899*
3 Brs $1199*
Must be Moved In by Dec. 31ST to GET $200 off Rent
Restrictions Apply. Ask About Our Second Chance Approval Program
Amenities
- Large Walk-In Closets
- Washer & Dryer in every apartment home
- Wall-to-Wall Carpet
- Private patio or balcony
- Playground
- Individually controlled heat & A/C
- Dishwasher
- Pet Friendly

CALL TODAY
2 Blocks from Metro! Call us!
1(877) 237-4868
SGA@Finesagroup.com

Call today for a tour in our Apartment Model!
**Prices subject to change*

SUITLAND
PARKWAY TERRACE
1 BRs fr $860
2 BRs fr $968
$30 Application Fee
- Walk to Metro
- W/W Carpet or Hardwood avail
- Keyed entry ways
- Parklike setting w/picnic tbls & grill

Maximum income limits apply
877-608-6548
3415 Parkway Terr. Dr. Suitland, Md.
Mon-Fri. 9am-6pm. Sat.by app't. only

Marlow Plaza Apt.

1, 2, & 3 Bedroom Apartments
Bedrooms Starting @ **$849**
Second Chance Approval
Apply, be approved and move-in by Nov. 30th and get $200 off. Receive $50 off your rent for a 1 Bedroom (12 month lease only).

Call today for a tour of your new home!
Call Us! (301) 423-1115

MD RENTALS

SUITLAND, MD - Share SFH. Fully furnished room with refrigerator, microwave, CATV, wireless net. $150/week. Call **301-775-0019**

Transform your lifestyle
TEMPLE HILLS
HEATHER HILLS
Apartments
1-Bedrooms from $961
2-Bedrooms from $1240
3-Bedrooms from $1444
- Spacious floor plans • Washer/dryer**
- Amazing closet space • Fireplaces**
- Controlled Access • Activity Center

**in select apts.
301.637.6153
www.transformurlifestyle.com
THE DONALDSON GROUP
EQUAL HOUSING OPPORTUNITY

VA RENTALS

FOXCHASE
Get Up to
1 MONTH FREE
Plus a $1,000 Gift Card*
1 & 2 Bedrooms Available
703.253.4462
www.FoxchaseofAlexandriaApts.com
320 North Jordan St., Alexandria, VA 22304
*in select units for move-in by Dec. 8th
Professionally Managed by OP Property Management, LP

ALEXANDRIA
Meadow Woods
APARTMENTS
Huge
2 Bedrooms from $1334
Classic or Renovated Options Available
- Fitness Center
- Free Parking
- Excellent Location
- Close to Metro

3308 Lockheed Blvd., Alexandria, VA 22306
Visit **www.meadowwoodsapts.com**
Call now **888-823-7689**
*some restrictions apply.
EQUAL HOUSING OPPORTUNITY

Alexandria
BRAGG TOWERS
EXTENDED STAY HOTEL
Furnished Efficiencies: $399 Wk ◆ $1470 Mo
Cable ◆ Internet ◆ Utilities ◆ Housekeeping
99 South Bragg St, Alexandria, VA 22312
703-354-6300 ◆ www.BraggTowers.com

ROOMMATES

AAFB/ FORT WASHINGTON- M/F, Cable, pool, no pets, furn. utils incl **301-265-0639/ 240-401-0069**

ANDREWS/CAP HEIGHTS- Lrg Room. Shared BA, cable, internet & utils incl. Nr. bus & subway, **301-957-5686**

BOWIE, MD - Large room available. Pvt entr & pvt BA, walk-in closet, side sitting room, W/D. Close to Metro. $850. **301-437-8016**

BROOKLAND Mediumroom in house to share. On bus line. Use of kitchen. $500/month.Call **202-529-3512**

CAPITAL HEIGHTS Furn rm, $450/mo. Police Clearance, unemployment insurance. Storage bin req. **202-677-9445**

CLINTON/AAFB off RTE 5, Large unfurn room, quiet neighborhood. Close to 495 & Metro. $700/mo+ dep. Utilities & Wifi incld. **240-535-6078**

expressnightout.com XXI72 lx.05

ROOMMATES

LOCATION LOCATION

COLLEGE PARK, MD- Bsmt furn room, quiet area, OSP, Shr BA/ kit/Ent. Near Beltway Plaza mall. Serious inquiries only. **$600/mo + dep. Call 240-281-775 M-F after 5pm**

NEAR METRO

FORT WASHINGTON, MD- Large house to share. Free cable. Close to Metro. W/D. $150/week. Call **240-882-8973**

HYATTSVILLE, MD Professional. Clean furn rooms, utilities included. Nr PG Plaza/ Metro/UMD $495/$595 + dep. **301-328-0135** or **301-661-9331**

HYATTSVILLE, MD - Large room, share kitchen & bath. Includes cable TV/internet. $550 + utils. Private entrance. No smoking. **301-254-4954**

NE DC Nice large room, all utilities paid, male preferred, close to Bus and Metro. **301-490-6410 or 202-423-7974**

NW DC - Near subway. Room for rent, $600/month includes utilities, For more info, call Ms. Jefferson, **202-316-0221**

SE - Furnished room in house, share BA/kit. Near metro & harbor. Pref female. $165/week incld util. **301-922-6393**

SILVER SPRING/ROCKVILLE - 3 rooms. Near shop & trans. N/P, N/S. $500-$550 + sec.utils incl. **301-343-6198**

SILVER SPRIING/WHITEOAK- Everything incl. $650/mo. Close to metro & shopping. **301-523-5523**

TEMPLE/ OXON HILL - Rms at $575/ public transp./utils incl/ both quaint, lovely, super NICE! **Call 301-848-0418**

WALDORF/TEMPLE HILLS Rms at $650 and up/ public transp./utils incl/ both quaint, lovely, super NICE! Master suite avail. **Call 240-432-0751**

HOUSES FOR SALE

PRIME LOCATION

Bethesda **$945,000**
Perfect Family Home
4407 W Virginia Ave, Bethesda, MD, 20814 4 br, 3 ba, 2 Fls, fin bsmt, deck, Form DR, Form LR, brick front, Gas FP, Hw Flrs, Eat-in-Kitchen, fenced yard, New App, short walk to restaurants, metro & park, 703-798-6071

LANHAM/UPPER MARLBORO, MD- Half price homes for sale. Can rent with option. Vet avail. Credit check. **Call Ike, Metro RE, 301-335-4447**

West End **$799,000**
West End Condo for Sale
Spacious 2 br/2 ba condo, Hw Flrs, New Energy Star App, Balc w/park view, Parking space, storage unit. FSBO, no brokers please. 202-596-2928.

CARS

JUNK VEHICLES REMOVED FREE
CASH PAY FOR ALL
202-714-9835

Kia 2007 Sorento — LX, $10,500, Excellent cond, 73k mi, Black int, Silver ext, 4 dr, alloy wheels, Buckets, ABS, 202-236-8500

Mazda 2007 Mazda3 — $9500, Exlnt cond, Below KBB, 84k mi, Gray int, Black ext, 4 dr, Mnrf, alloy wheels, CD chgr, ABS, alarm, 202-297-7675

NEED A VEHICLE? Over 1,000 Cars, Trucks, SUV's! You need 2 Paystubs & 1 Bill - Laurel, MD. Gross income must be $2k mo+. Jason **202.704.8213**

Nissan 2006 Altima — 2.5 SL, $6,799, Ex. cond, 142k mi, Silver ext, Black int, 4 dr,CD-6, Bose Spker, Lthr Int, 202-246-5480.

Triumph 1970 Spitfire — MK III, $7900, rare 1970 model, fully-restored cond, less than 5k miles since restoration, Black int, Red ext, 2 dr, alloy wheels, 202-236-8500

BOATS & AVIATION

ALUMITECH 17' AIRBOAT
600 Horsepower engine, remodeled
$20,000. Call 703-728-6673

Concerts, movies, events, restaurants and more.
express nightout
expressnightout.com
XXI72 lxl.5

lookout online

Blog Log

"News Corporation's The Daily was to have been a vanguard of the future, based on the past — a tablet-focused newspaper that could get us back to paying ... for our regular news fix. Not enough of us were as enthralled with the retro-future concept, however."

— JON FINGAS AT ENGADGET.COM reflects on news that The Daily's days will end Dec. 15, per an announcement Monday.

"Batman and Stallone aren't the only ones in love with the 'guess I'll just stand here and brood amongst this scorched, crumbly wreckage that happens to form my logo' motif."

— IWATCHSTUFF.COM critiques the new poster for J.J. Abrams' "Star Trek" sequel "Into Darkness," due in May.

"You will never be able to listen to this song the same again. As a longtime DMX fan I was so happy when I stumbled upon this video, I mean one of the most notorious gangsta rappers singing a Christmas song. It sounded too good to be true but sure enough it was everything I expected from DMX remix."

— RICKY BURNS AT CLUB937.COM loves the artist's impromptu rendition of "Rudolph the Red-Nosed Reindeer" that he performed for New York radio station Power 105.1 on Monday.

"OH MY GOD THE PRESIDENT ANSWERED ME! And he likes the purple hair I had a few years ago. I AM SHAKING."

— @DONTBEAPRAT is excited she got to be a part of President Obama's Twitter town hall on Monday.

"this typographic map of DC is so cool — would buy it if it weren't missing parts of wards 5, 7 and 8."

— @SHANI_O can't understand why a graphic rendering of D.C. made by axismaps.com shows only a truncated portion of the city.

express automobile dealers

more cars on the net
cars.com
@washingtonpost.com

Dodge
LUSTINE DODGE
WOODBRIDGE, VA 1-800-879-4701
14211 JEFFERSON DAVIS HWY. LUSTINEONLINE.COM

HONDA
SHEEHY HONDA
ALEXANDRIA, VA 703-660-0100
7434 RICHMOND HWY WWW.SHEEHYHONDA.COM

LEXUS
LEXUS OF SILVER SPRING
SILVER SPRING, MD 1-800-266-4874
2505 PROSPERITY TER. LEXUSOFSILVERSPRING.COM

NISSAN
DARCARS NISSAN
ROCKVILLE, MD 301-309-2200
15911 INDIANOLA DRIVE WWW.DARCARS.COM

TOYOTA
355 TOYOTA
ROCKVILLE, MD 301-309-3917
15625 FREDERICK ROAD WWW.DARCARS.COM
KOONS TYSONS TOYOTA
VIENNA, VA 1-888-505-1137
8610 LEESBURG PIKE WWW.KOONS.COM

nine simple numbers you learned by age 3
play su|do|ku
express
A Publication of the The Washington Post
XX182 5x1

puzzles lookout

Horoscope

SAGITTARIUS (Nov. 22-Dec. 21) You're going to have to do more than one thing at a time if you expect to get everything done according to the "official" schedule.

CAPRICORN (Dec. 22-Jan. 19) You're likely to find yourself far busier than you had planned — though much of what you have to do gives you pleasure.

AQUARIUS (Jan. 20-Feb. 18) You may receive information that shocks you into taking action you had not anticipated taking.

PISCES (Feb. 19-March 20) Give yourself credit for the good decision you made yesterday. Others are likely to follow in your footsteps.

ARIES (March 21-April 19) You'll be called upon to step in for someone who is under the weather — or otherwise unavailable or inaccessible.

TAURUS (April 20-May 20) You may meet someone who reminds you of someone you knew quite well some time ago — and the resemblance may be more than skin deep.

GEMINI (May 21-June 20) Someone will have your back — and may expect you to return the favor before you know it. You're in a position to help in a surprising way.

CANCER (June 21-July 22) The "same old thing" isn't likely to do it for you today, and you'll want to experiment to see if you can't come up with something new.

LEO (July 23-Aug. 22) Give a friend some pointers and you'll see him or her develop in a way that makes you proud.

VIRGO (Aug. 23-Sept. 22) You may feel as though you are only one of many, but in fact, what you have to offer is unique — and no one is able to imitate you!

LIBRA (Sept. 23-Oct. 22) You are looking forward to something that should give you enjoyment, but you also fear that things may not be as they usually are.

SCORPIO (Oct. 23-Nov. 21) Now is the time for you to reach out to a friend and offer what is needed — before he or she has to ask for your assistance.

PostPoints DAILY CODE 0 Z

Scrabble Grams

PAR SCORE 140-150, BEST SCORE 205

								RACK 1
O1	U1	L1	N1	R1	H4	S1		
							3rd Letter Triple	RACK 2
A1	U1	S1	C3	L1	T1	S1		
							Double Word Score	RACK 3
A1	E1	D2	F4	B3	L1	T1		
								RACK 4
A1	A1	O1	E1	L1	M3	T1		

Yesterday's Solution

D2	A1	Y4	S1	I1	D2	E1	RACK 1 =	66
B3	A1	R1	T1	E1	N1	D2	RACK 2 =	60
W4	A1	S1	T1	A1	G2	E1	RACK 3 =	83
U1	N1	H4	O1	O1	K5		RACK 4 =	13
PAR SCORE 150-160							TOTAL	222

FOUR RACK TOTAL _____

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. Seven-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

	4	1		7	2	8	5	3
8		6				9		
2			4				7	
3		2	9	1		4	8	
	5			8			1	
	1	8		3	4	5		6
	2				7			9
		7				2		5
6	9	3	5	2		7	4	

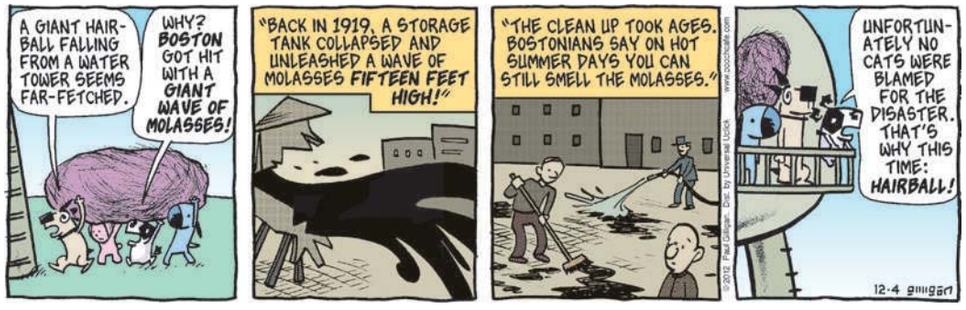
Yesterday's Solution

2	1	4	8	7	6	3	9	5
7	5	9	2	1	3	4	6	8
6	3	8	9	4	5	1	2	7
5	6	7	3	2	4	8	1	9
4	9	2	1	5	8	6	7	3
1	8	3	6	9	7	5	4	2
3	2	1	5	6	9	7	8	4
8	7	6	4	3	2	9	5	1
9	4	5	7	8	1	2	3	6

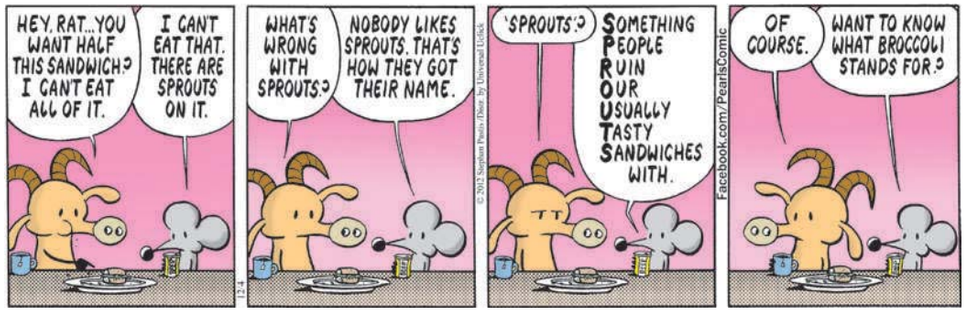
Need more Sudoku? Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

Comics

POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Forecast

71 | 53

Today: Fog in the morning; otherwise, mostly sunny today. A shower tonight.

60 | 34

Tomorrow: A shower tomorrow morning; breezy and cooler. Colder tomorrow night.

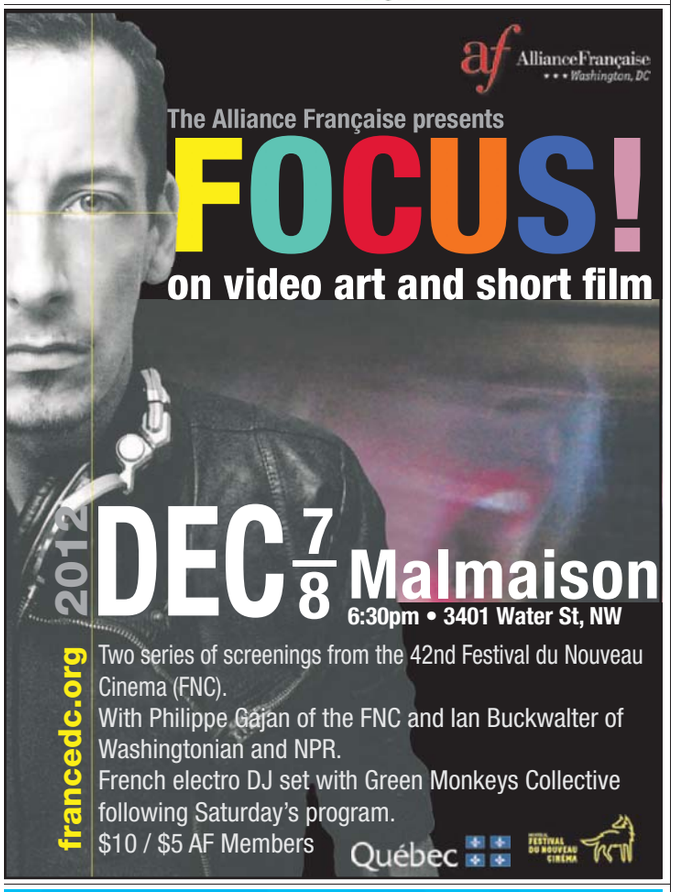
Looking Ahead

THU	FRI	SAT
47 | 33	51 | 38	58 | 49

Sun and Moon
Sunrise today: 7:11 a.m.
Sunset today: 4:46 p.m.
Moonrise today: 10:29 p.m.
Moonset today: 11:06 a.m.

Almanac
Normal high: 51
Record high: 70
Normal low: 36
Record low: 15

FORECAST BY ACCUWEATHER.COM ©2012

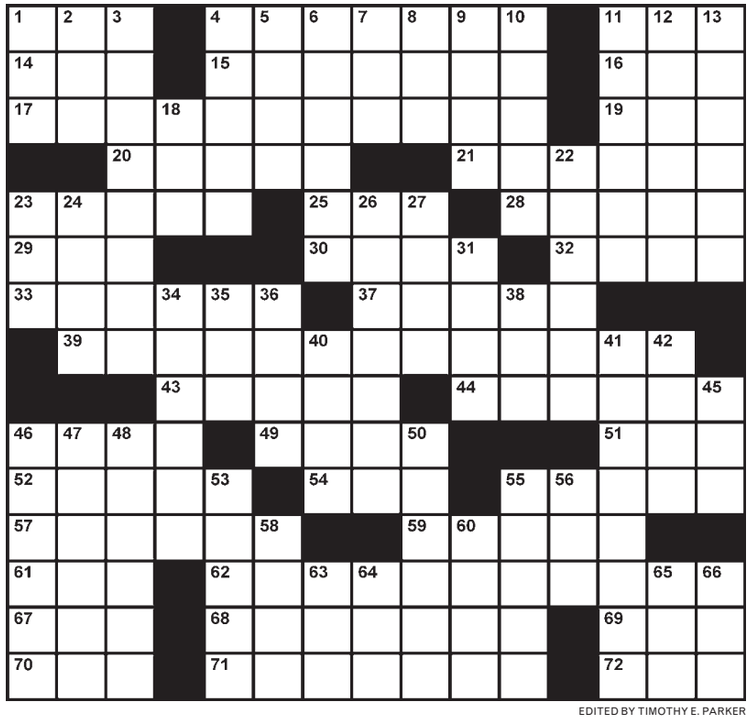


Is your personal space this tiny?
Digs The last Friday of each month in Express.
XX195 2x5

lookout puzzles

Crossword

ONE, TWO, THREE, ANOTHER WAY



EDITED BY TIMOTHY E. PARKER

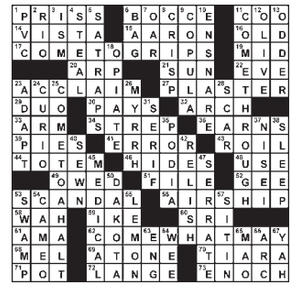
ACROSS

1 Agent from Washington
4 "Donna" singer Valens
11 The Rockies, e.g. (Abbr.)
14 Pasture
15 Along the way
16 Car assemblers' org.
17 Person associated with 16-Across
19 Caribbean calypso cousin
20 Chess piece
21 Hand warmer
23 Incites
25 Original "I Love Lucy" network
28 "___, meenie, miney ..."
29 Rhyming boxing legend
30 "O ___ Night"
32 Suffix with "kitchen"
33 Sentence ender
37 Hotel patron
39 Certain scholar
43 The best of all worlds
44 Serengeti laughers
46 Mocked
49 Stern's counterpart
51 Through
52 Arena tops
54 Reagan's "Star Wars" plan, for short
55 Mix together
57 "Good Times" actor Walker
59 Seat for 67-Across
61 Find a function for
62 Three-horned dinosaur
67 Wino
68 Toughs it out
69 Thanksgiving staple
70 It's a blast
71 Absolutely resolute
72 Airport posting (Abbr.)

DOWN

1 Cause of many a sick day
2 Nighttime, poetically
3 Popular rum drink
4 Russo and Auberjonois
5 "By the powers vested ___ ..."
6 Battlefield furrow
7 Internet address ending, typically
8 Center
9 Agendum
10 Creepy
11 More than shouldn't
12 Cue to a soloist
13 River in a Stephen Foster tune
18 Start of the Lord's Prayer
22 Cut one's choppers
23 Vermont harvest
24 Academy freshman
26 Completely confused
27 Nasty remark
31 "She Loves You" lyric
34 Footnote word
35 ___ Glory (U.S. flag)
36 Bites the dust
38 Person with intelligence?
40 Stable staples
41 Academy Awards prop
42 Precipitation
45 Down in the dumps
46 Become adapted
47 Skull-and-crossbones stuff
48 Kelly the clown
50 Penny-pinchers
53 Decided on a location
55 Vain claim
56 Universal workplace?
58 Coastal flier
60 Cherry or lemon, e.g.
63 First lady McKinley
64 Moo chew?
65 Orchestra's location
66 Fisherman's lure?

Yesterday's Solution



Today in History

1783 George Washington bids farewell to his Continental Army officers at Fraunces Tavern in New York.

1978 Dianne Feinstein is named to replace the assassinated George Moscone, becoming San Francisco's first female mayor.

1996 The Mars Pathfinder lifts off on a 310 million-mile odyssey, arriving on Mars in July 1997.

express

Published by Express Publications LLC
1150 15th St. NW, Washington, DC 20071
A Subsidiary of The Washington Post Co.

Editorial: 202-334-6800
Fax: 202-334-9777
Circulation: 202-334-6992
Advertising: 202-334-6732
or ads@readexpress.com
Classifieds: 202-334-6200

GENERAL MANAGER—ARNIE APPLEBAUM | EXECUTIVE EDITOR—DAN CACCAVARO | CREATIVE DIRECTOR—SCOTT MCCARTHY | ASSISTANT MANAGING EDITOR—HOLLY J. MORRIS | ART DIRECTOR—LORI KELLEY | FEATURES EDITOR—JENNIFER BARGER | STORY EDITOR—ADAM SAPIRO | COPY CHIEF—DIANA D'ABRUZZO | SENIOR EDITORS—KATIE ABERBACH, VICKY HALLETT, SHAUNA MILLER, KRISTEN PAGE-KIRBY | SECTION EDITORS—RUDI GREENBERG, BETH MARLOWE, MORGAN SCHNEIDER, SARA SCHWARTZ, HOLLEY SIMMONS, CLINTON YATES, FIONA ZUBLIN | EDITORIAL DESIGNERS—JON BENEDICT, ADAM GRIFFITHS | PRODUCTION SUPERVISOR—MATTHEW LIDDI | PHOTOGRAPHER—MARGE ELY

Founding Publisher — Christopher Ma, 1950-2011

people lookout

LEGENDARY

Cleopatra: Queen, Lover, Politician, BeDazzler

Heidi Klum held her annual Halloween party in New York City on Saturday night, after canceling the original shindig because of Superstorm Sandy, E! News reported. Klum, who is known for her elaborate costumes, attended as Cleopatra. Her face was covered with hundreds of Swarovski crystals. "It took maybe three hours to put my face on and like 10 minutes to get dressed," she told People.com. (EXPRESS)

GUYS' NIGHT OUT

'Cool Jams, Dude. Let's Hit Sephora for Some Mascara'

Johnny Depp played guitar onstage Thursday night with Alice Cooper in Los Angeles. NME.com reports that the two friends jammed together on a series of covers including "Foxy Lady" and on such Cooper hits as "School's Out." Depp was having a "guys night" and "was really happy and at ease," an unnamed source said. (EXPRESS)

TODD NAKAMINE/UNIVERSAL/AP

Johnny was confused. This guitar didn't have buttons like the one for his PS3.

Victims

'Hmm. Is It Finally Sex-Tape Time?'

The IRS has seized all of Lindsay Lohan's bank accounts, TMZ.com reported. The agency says she owes $233,904 in federal taxes for 2009 and 2010 and that she has further unpaid debts from 2011. Unnamed sources said Lohan is "in full-on panic mode" and "desperately trying to make some cash." (EXPRESS)

LEON NEAL/AFP/GETTY IMAGES

2013

And Unto Us Weekly A Child Is Born

The media frenzy around the former Kate Middleton's pregnancy — announced Monday — is rivaled only by Princess Diana's in 1981. Diana got pregnant just four months after her wedding to Prince Charles. "The whole world is watching my stomach," she complained when pregnant with Prince William. Tabloid speculation of Kate's pregnancy has been rampant for months. One newspaper even cited anonymous sources talking about Kate's hormone levels. Others have focused on the first signs of the royal bump. (AP)

How randos on Twitter reacted to news of the upcoming royal baby:

"Can someone save all the #royalbaby articles & then when it's grown up weird it out with how big the news of its conception was?"

—@JOE_WHIT

"When the royal baby is born they better do the whole Lion King routine with it."

—@BOURBONS

"With all this excitement I have to keep reminding myself that it's not actually me that's pregnant."

—@HEL_374

"I'll admit it: if I had the option of waking up at 4am to watch the royal birth on TV, I would do it."

@THEWRREDHEAD

Design. **Improve.**

Professionals: Lend homeowners a hand in our helpful monthly directory.
Call 202-334-7024 or e-mail abellm@washpost.com to advertise.

Home Design & Improvement
The last Wednesday of each month, in Express.

XX458 5x3 Design

WINTER SALE FROM $5!*

MORE GIFTS AT HM.COM

*ITEMS SHOWN NOT INCLUDED IN OFFER.

H&M